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NUTRITIONAL ANALYSIS

Nutritional analysis for recipes is created using Food Processor SQL nutrition and fitness software by ESHA. Recipes are analyzed per serving (unless otherwise indicated) for calories, fat, cholesterol, sodium, carbohydrates, fiber and protein. Nutrient amounts are approximate due to variations in brands, manufacturer, preparation and ingredient substitutions. When ingredient choices are listed, we use the first one. Nonspecific amounts, for example "to taste," and garnishes are not included.

Two years down the road

We are near the two-year anniversary of the U.S. Food and Drug Administration's approval of rules food companies have to follow if they want to label something gluten free.

Mainstream companies that had held off on making and labeling their products gluten free moved forward pretty quickly after the gluten-free definition was approved in August 2013. There's some debate in the gluten-free community about whether this is good or bad.

Some consumers don't trust large companies that make a lot of different kinds of products to be diligent enough to create gluten-free varieties that are safe. Others feel that many of the foods being labeled gluten free, from companies large and small, are inherently unhealthy. In other words, we're getting a lot of gluten-free junk food.

And the FDA's decision to allow the use of any oats that meet the overall gluten-free standard of 20 parts per million of gluten in the final food has created confusion and worry that eating gluten-free products with oats is not as safe as it used to be. Before the gluten-free labeling rules went into effect, only specialty oats meticulously grown and processed in a way to prevent the cross-contamination from wheat, barley and rye in fields, trucks and mills were allowed in gluten-free foods.

But the FDA decided to treat oats, which are inherently gluten-free, the same way it treats other gluten-free grains such as corn, rice, sorghum and more. If a food company uses oats in a product and that product contains less than 20 ppm of gluten, then it meets the FDA standard in the same way that a product using rice would. Since mainstream oats are almost always cross-contaminated, it's unlikely that a product using any significant quantity of oats that are not grown or processed to be gluten free could meet that cutoff.

But a new wrinkle with oats developed when General Mills started making gluten-free Cheerios without using specialty gluten-free oats, instead opting to clean out any wheat, barley or rye after the oats arrived at the company's grain elevators. General Mills uses a mechanical process to separate the oats from the wheat, barley and rye grains. You can read more about the process on page 8.

The introduction of this kind of gluten-free oats and the job General Mills faces in proving to consumers that it's safe to eat their products reminds me of the transition that occurred when oats were first permitted on the gluten-free diet in the first place.

When my daughter was diagnosed with celiac disease about 23 years ago, oats were prohibited on the gluten-free diet along with wheat, barley and rye.

There was always a bit of uncertainty about whether oats belonged on that unsafe list because they do not contain the toxic protein found in wheat, barley and rye. But cross-contamination with those grains was so widespread that it was once thought oats would never be safe on the gluten-free diet. *Gluten-Free Living* first started writing about this issue in early 1996, reporting on Finnish research that showed limited amounts of uncontaminated oats were safe for those on the gluten-free diet.

By 2005, two North American companies were producing the first specialty oats, largely free of cross-contamination, available in the United States and Canada. At first, these oats were not universally accepted as safe by celiac support groups in the United States. And Health Canada only started allowing the use of gluten-free oats in foods labeled gluten free in May. Interestingly the new Canadian rules don't specify the methods or controls oat producers have to use — that is, specialty oats or oats processed to be gluten free through optical sorting or a mechanical process.

When specialty oats were introduced, gluten-free consumers were skeptical about eating a grain they had long been taught to avoid. Some confused the symptoms caused by the adjustment to the fiber content of the oats with celiac disease symptoms. And others wondered why the recommendations for eating oats included limits on the amounts. Still others found they were in a very small group who cannot tolerate oats.

But over time the benefits of adding the nutritious whole grain, which provides fiber, complex carbohydrates and various nutrients while being low in cholesterol and fat, won over consumers who were increasingly reassured about the safety of gluten-free oats by most support groups and celiac disease experts.

Now, as General Mills cereals that use oats mechanically processed to remove gluten become available, they will have to face the scrutiny of the gluten-free community. The Gluten Free Watchdog, a Massachusetts testing company, has already said it plans to test samples of the cereal as soon as possible. Consumers who eat gluten-free Cheerios or gluten-free Lucky Charms and think they have developed symptoms in response are very likely to alert the FDA, which has the power to enforce the labeling rules through inspection, laboratory analysis, warning letters, seizure and injunction.

General Mills obviously knows this and has said it is confident all of its products labeled gluten free meet the FDA requirements. The company has been making gluten-free Chex and a wide variety of other gluten-free products for several years, but these all use gluten-free ingredients well-accepted by gluten-free consumers. The reservations about oats not specially grown to be gluten-free push the company into new territory.

To me, an increase in safe choices for those who have celiac disease is always a good thing. If Cheerios meet the challenges certain to come their way, that's a good thing.

I also feel that way about gluten-free Lucky Charms. Some consumers balked at the idea that a product they consider to be junk food is even being offered as gluten free. I don't think it would have hurt my daughter to occasionally have had a bowl of magically delicious cereal with green clovers, pink hearts, orange stars and yellow moons—a choice she did not have. I focus more on the fact that any food that is gluten free does not pose the danger to children with celiac disease and gluten sensitivity that a food that contains gluten does. The decision whether to eat any gluten-free food, or offer it to your children, is completely up to you. And the fact that there is now more to choose from is a positive outcome of the gluten-free rules.



AMY RATNER
EDITOR

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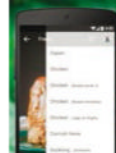
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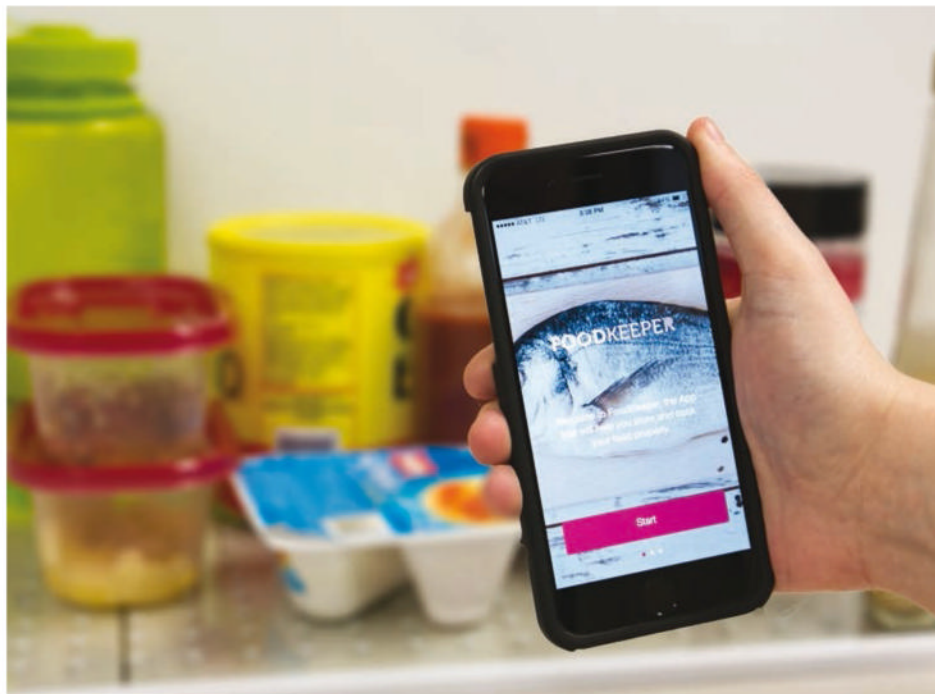
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2 NEW APPS FOR THE GLUTEN-FREE KITCHEN



+FOODKEEPER

HOW LONG CAN YOU keep chicken breasts in the fridge? Is that hamburger still safe if it's been in the freezer for 6 months? Are those leftovers still good to eat?

The U.S. Department of Agriculture (USDA) has released an app that aims to answer questions like these. FoodKeeper is “the app that will help you store and cook your food properly,” the USDA says.

Users can search from a database of more than 400 food and beverage items to learn recommended storage timelines, cooking advice, food safety tips and more. For example a search for ground beef will reveal that the meat's recommended storage life is 1-2 days in the refrigerator and 3-4 months in the freezer.

Users can utilize FoodKeeper to learn the USDA's recommended cook times and temperatures. Type in “whole chicken,” and the app will recommend roasting the bird in the oven at 350 degrees for 20 to 30 minutes per

pound or until the chicken reaches an internal temperature of 165 degrees. FoodKeeper also advises where to insert the thermometer (the innermost part of wing and thigh and the thickest part of the breast) and how to roast a stuffed bird.

If users are unable to find what they're looking for, they can use the app to ask the USDA a specific food safety question through Ask Karen, the USDA's 24/7 support system. Most common questions have already been answered on the Ask Karen database, which is searchable and available in its entirety to app users.

Furthermore the app helps users keep track of what food in their kitchen is about to spoil. Simply tell FoodKeeper when you bought your fresh produce, meat or pantry staples, and you'll receive a reminder when your food is approaching the end of its recommended usage life via your device's calendar.

The app is free and available on Android tablets and smartphones in addition to Apple iPhones, iPads and iPod Touches.

—Nicki Porter

+EAT THIS MUCH

EAT THIS MUCH, a meal planning site, has launched an iOS app of the same name. The “virtual nutritionist and meal planner” app aims to make creating a diet plan easy and pain-free—including for those on the gluten-free diet.

The app works by creating a customized meal plan using recipes that meet your individual dietary, health and budget needs. Enter your overall goal—lose weight, maintain health or gain weight—and then input basic facts about yourself, such as your height, weight, gender and activity level.

The app also allows for specific dietary preferences. While users cannot choose “gluten free” as a basic diet (the service only specifically accounts for Paleo, vegetarian, vegan, Atkins or Mediterranean diets), the user can tell the app they don't want to see recipes with gluten, in addition to other common allergies or intolerances such as dairy, tree nuts, soy, etc.

Consumers can input a daily caloric goal or a preferred budget range. Cooks can also choose to only see recipes that match their cooking skill level.

The app is recommended for new vegans or vegetarians who want to ensure they're getting an appropriate amount of protein or other nutrients. And if you're the type who can work through lunch before remembering to stop and eat, the app can even send reminders when it's time for a meal.

Basic meal planning via the app is free, although users can pay \$8.99 a month to upgrade to the premium version, which features weekly automated meal planning on the user's typical grocery day, the ability to save and print meal plans for future use and a tool that can incorporate leftovers from previous meals into future meal plans.

At press time, the app was only available for iOS 8 and above; the company says Android versions of the app are coming soon.

—Nicki Porter

Veggie pasta gets a new meaning

Gluten-free consumers have gotten used to a growing variety of pastas, made from corn, rice, quinoa, chickpeas or a combination of products, some from mainstream pasta makers.

But who would have predicted that pasta made from vegetables would become the hot new trend and fit so nicely in the gluten-free diet? Thanks to a few ingenious kitchen tools everything from zucchini to carrots and beets is being turned into a new kind of noodle.

Noodles made out of vegetables are often called spiralized vegetables because of the way they are made. When zucchini is used, the end result is referred to as zoodles. This healthy new kind of pasta is popping up in recipes all over the Internet, from Instagram to Facebook and Twitter.

A number of companies offer products to turn produce into pasta, but they come in two basic types—a simpler hourglass-shaped spiralizer or a spiralizer with a crank and several blades.

One of the most popular options is the Veggetti, an hourglass version available on Amazon for about \$15, as well as at Bed Bath & Beyond and some supermarkets. In a matter of minutes, the gadget can turn zucchini into spaghetti for tonight's dinner. Another version of this style, the Spiralizer, is also sold at Amazon for about \$14. The Paderno World Cuisine Tri-Blade Plastic Spiral Vegetable Slicer, available on Amazon.com for about \$29, is a popular upscale spiralizer.

If you're looking to save storage space and like simpler kitchen tools, a julienne vegetable peeler such as the Precision Kitchenware tool for about \$9 at Amazon.com, creates thin vegetable sticks that can also be used as pasta.

In addition to being fun to make, spiralized

vegetables have a nutritional advantage over most pasta. "The nutrition benefits of any noodles made out of vegetables will be the same as a steamed or cooked version of the vegetable," says Lauren Slayton, a registered dietitian who is director of Foodtrainers in New York City.

Greta Breskin, a registered dietitian based in North Carolina, says it's important to pick vegetables that pack a strong nutrition punch. "I recommend using a variety of bright-colored vegetables like beets, carrots and purple potatoes to increase the variety of phytonutrients on your plate," says Breskin.

In addition to having a good vitamin and fiber profile, spiralized vegetables have fewer calories than bean, corn, quinoa and other gluten-free pastas. "From a caloric standpoint," Slayton says, "spiralized vegetables are a home run."

Plus, they're an excellent way to get kids eating veggies. "Letting kids help out with transforming vegetables into noodles can be an effective way to expose them to new foods. If they are involved with making it, they are more likely to try it," Breskin says.

If this new kind of pasta seems intriguing but sounds like too much work, consider Hungryroot, a newly launched gluten-free, vegetable-centric company that offers vegetable noodles with accompanying sauces that can be prepared in 7 minutes.

Chef Franklin Becker of the gluten-free restaurants The Little Beet and The Little Beet Table in New York is a partner in Hungryroot. He says inspiration for the company came from a desire to "combine vegetables with our need for comfort food." The company currently ships throughout the Northeast, Mid-Atlantic and most of the Midwest and Southern states.

—Susan Cohen



RANKING BIGGEST CHALLENGES OF CELIAC DISEASE

AN INTERESTING PICTURE of celiac disease patients emerged in a recent online survey conducted by the Celiac Disease Foundation, a national advocacy group based in Pasadena, California. More than 1,000 people responded in less than one week, CDF says. Most of the respondents were adult women.

The challenge of safely dining out emerged as a key concern, with 80 percent of respondents saying they feel limited eating outside the home and 56 percent saying it makes travel difficult. In answer to a question about what they fear the most about having celiac disease, 68 percent said they were concerned about developing related diseases, while 63 percent reported they are worried about the impact on their long-term health.

OTHER SURVEY FINDINGS INCLUDE:

- More than 60 percent report that the high cost of gluten-free foods is a financial burden.
- Forty-five percent of survey participants reported it took five years or more after symptoms presented to receive their diagnosis of celiac disease. Only 21 percent were diagnosed in the first year.
- Twenty-one different symptoms were reported by respondents as having a significant impact on their life. Half cited abdominal pain, and slightly less than that cited fatigue. Chronic diarrhea and bloating ranked high, as did brain fog for more than 27 percent and depression or anxiety for more than 25 percent.
- Even though 85 percent report that their symptoms have improved since adopting a gluten-free diet, 54 percent report that there are specific activities that are important to them that they cannot do because of the disease.
- Almost 70 percent report that symptoms last three days or longer after exposure to gluten. forty percent report missing school/work days due to symptoms.

—Amy Ratner

Behind the new gluten-free Cheerios

When General Mills started to look into the possibility of making Cheerios gluten free about five years ago, the company quickly realized it couldn't be done by relying on the specialty oats being grown for those with celiac disease.

"We would use up the [entire] gluten-free crop in about one week," says Jim Murphy, president of Big G Cereal. Only about 1 percent of the company's need for oats for Cheerios could be met through the oats meticulously grown in a way that reduces the cross-contamination from wheat, barley and rye that makes the inherently gluten-free crop unsafe on the gluten-free diet.

The team working on gluten-free Cheerios set out to find a way to clean up the oats on the large scale the company needed. Phil Zietlow, a member of the team, had a personal interest in the project. His youngest son's wife has celiac disease and

About two years ago, the U.S. Food and Drug Administration approved a definition for use of the gluten-free label that allowed the use of oats as long as the final food product contains less than 20 parts per million. At roughly the same time, General Mills got "really serious" about gluten-free Cheerios, according to Murphy.

The result is a new seven-story, 50,000-square-foot oat cleaning facility at the company's Fridley mill. The exterior of the concrete building went up in eight days in June 2014. Connected to a series of grain elevators via a catwalk that offers a view of nearby downtown Minneapolis, the facility houses the machinery used to separate wheat, barley, rye and oats that are too small from the



oats that will eventually be ground into the flour used to make Cheerios.

Originally Zietlow and his team considered optical sorting, searching around the world for help with the process. "Everyone could get some [of the cross-contamination] but not all," Zietlow says. Further investigation

led the group back to another method they had considered early on, a mechanical system of separating the oats by length and width.

Oats used in gluten-free Cheerios wind their way from the top of the cleaning facility down, moving through machines that spin the grains in cylinders lined with multiple holes. The smaller, undesirable wheat, barley and rye fall through while the oats remain. Contaminating dust is vacuumed from the oats as part of the process.

It's a largely closed system, and you can't readily tell that oats are being processed. The facility is immaculate, and the gluten-free team says they expect it will stay that way. Murphy says the technology being used is 100 years old and involves nothing chemical.

Still it has to be precise. Chad Hallowaty, project leader, says there is about one pound of oats in a box of Cheerios. The equivalent of approximately one grain of wheat would be allowed in that pound of oats under the FDA standard.

The FDA considers oats to be a gluten-free grain and does not require the use of specialty oats in foods with a gluten-free label. Food companies are not required to test products to be sure they meet the standard but are subject to regulatory action and recall if a random inspection or investigation as a result of consumer complaint determines a product contains more gluten than allowed.

Before the FDA rules went into effect, only specialty gluten-free oats were allowed in foods with a gluten-free label. Mainstream oats are highly likely to be cross-contaminated by gluten-containing grains in the field, in shared harvesting equipment and trucks used for shipping and shared mills where the grains are processed. As a result they are not considered safe on the gluten-free diet. General Mills is the first large company to claim to be able to process mainstream oats in a way that removes enough cross-contamination to make them safe for gluten-free consumers.

In addition to cleaning oats before they are milled into flour in a dedicated facility, General Mills says it tests them for gluten content from cleaning to milling to final product. The company has a state-of-the-art testing lab and does not seek outside gluten-free certification for its products, something that has raised concern among some consumers.

The five varieties of gluten-free Cheerios, Original, Honey Nut, Apple Cinnamon, Frosted and Multi-Grain, are made on dedicated

lines in several plants. If the plant also processes gluten-containing products, the Cheerios lines are separated by distance and physical barrier, says Mike Siemienas, a Cheerios spokesman.

Occasionally, gluten-free Cheerios are packaged on a line that also packages gluten-containing products. When that happens, the line undergoes a thorough and lengthy cleaning process, according to Siemienas.

Raquel Layton, quality and regulatory operations product manager for Cheerios and Chex, says batch testing occurs throughout every day. "We will not put a product out if we are not 100 percent certain it will meet the FDA standard," Murphy says.

The company's gluten-free products are directed squarely at those who have celiac disease and gluten sensitivity rather than at the fad-driven component of the market, according to Murphy. "We have been in the gluten-free business for a while now. Over the course of time people with a need will not go away," he says. "The story goes back to celiac disease, and celiac disease will be with us until the end of time, and so will [gluten-free] Cheerios."

Gluten-free Cheerios have begun to appear on some store shelves, with nationwide availability expected by September. Older product, which is not gluten free and does not have a gluten-free label, may take some time to sell off, so make sure any Cheerios you decide to purchase are labeled gluten free. Also General Mills is launching gluten-free Lucky Charms using the company's gluten-free oats. These are expected to begin being sold in supermarkets in October.

While uncontaminated oats are considered safe for the majority of those who have celiac disease, patients are advised to introduce oats into their diets slowly because of the increase in fiber. Less than 1 percent of those with celiac disease react to very large amounts of oats in their diets, according to the University of Chicago Celiac Disease Center.

—Amy Ratner

could not eat the cereals that were his life's work. It wasn't the first time Zietlow's personal interests fueled an idea for a new product. His beekeeping hobby resulted in the development of Honey Nut Cheerios—now the No. 1-selling cereal in the United States.

And Zietlow was not the only one on the gluten-free team with a vested interest. One member has celiac disease, as does the mother-in-law of another, and a fourth has a daughter who has multiple food allergies.

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O is for oatmeal

A HOT JULY TASTE TEST of belly-warming oatmeal may not be ideal, but it's what we asked our stalwart Food Court panel to do so we could bring readers the results in time for fall, when the weather gets brisk and a steaming bowl of hot oats seems perfect.

Many of us rekindled a childhood love affair with instant oatmeal, and with so many gluten-free offerings now on the market, we found a satisfying version for every palate. Like your oatmeal thick, creamy and hearty? We've

got you covered. Like to actually *chew* your breakfast in the morning? Whole-oat, full-textured versions abound. Need a sweet treat to get you going in the morning? We hear you: Our overall favorite, Straw Propeller, has tender chunks of apples, cane juice and white chocolate chips. And why not? Life's too short to suffer a bowl of bad oatmeal. Luckily, there are enough gluten-free versions on the market to ensure you never have to endure a bowl of bland, pasty gruel ever again.

Straw Propeller Apple Crisp Natural Gourmet Oatmeal

This overwhelming favorite swept nearly every category, although the addition of white chocolate chips may have swayed the judges. "I don't need chocolate for breakfast, but I certainly don't mind it," wrote one taster. Surprisingly, the chocolate didn't overwhelm the entire bowl. "I really like that I can taste the walnuts, which makes for a good nutty contrast to the sweetness of apples and white chocolate," another judge wrote. "I would love to keep this in my desk for emergency rations when I don't have time for breakfast," one taster confirmed.



Modern Oats Apple Walnut All Natural Oatmeal

This "grown up version of oatmeal" was packed with add-ins: walnuts, flax seeds, pumpkin seeds, sunflower seeds, raisins and chia seeds. "It has enough interesting components to hold my attention," said one taster. "Raisins are a lovely touch!" said another. The whole, intact oats were "a real treat" for our panel. "I love that this one has tons of texture—it's more cereal than porridge." "I would buy [this] for busy mornings when I have to take breakfast to go," said one happy taster. "You could even pour the water in, put the cap back on and eat it once you arrived at your destination."





Gluten Free Chex Apple Cinnamon Oatmeal

This big-name brand scored points with our judges for its warm, spicy aroma, leading many of our tasters to compare it to a "fresh-baked apple pie." "Smells like my grandma's house," one young judge wrote. It was also voted the easiest to prepare, thanks in part to the convenient "fill line" located on each oatmeal pouch—no measuring cup needed. "A great idea for offices or kids," noted one panel member. Tasters also commented on the plentiful, sizable apple chunks. "[Apples] are the star here, from texture to flavor," said one judge. "I feel warm and fuzzy now."

Bakery on Main Apple Pie Flavor Instant Oatmeal

Gluten-free oats aren't the only grain in this unique oatmeal. It also contains amaranth and quinoa in addition to chia and flax seeds. "I like that this one has different grains in it, like quinoa. Makes me feel like I'm getting a variety of nutrients," said one taster; while another said it would be "a good breakfast option for people who want to incorporate more grains and healthy seeds into their diet." The "green apple-y, very tart" aroma also won fans: "Smells like apple pie is baking in the oven," said one judge.



Glutenfreeda Apple Cinnamon with Flax Instant Oatmeal

This oatmeal's flavor profile showed more restraint than some of the others. "Strikes a nice balance between the sweetness of the apples and brown sugar and the savory flavor of the oats," said one taster. "I like that it's not too sweet—I don't need candy for breakfast," said another. "Very easy to prepare using the microwave," affirmed one judge. As for serving size, "I ate the whole bowl and feel very satisfied, not stuffed. Two thumbs up."



Nature's Path Organic Spiced Apple with Flax Gluten Free Hot Oatmeal

This well-rounded contender scored highly in nearly every test. "Good balance of sweetness and natural oatmeal and flax flavor," wrote one judge. "I love how spiced it is. It's the perfect fall breakfast!" said another. It scored especially well for its "smooth and creamy; pleasantly thick" texture. "There is still plenty to chew on without feeling like you're eating regular cereal," noted another judge. And preparation couldn't be simpler: "Just microwave and eat." "I ate the whole bowl," said one satisfied taster.



Back-to-school BASICS

USE THESE TIPS TO SET UP YOUR GF CHILD FOR A GREAT YEAR

By Amy Leger



Back-to-school season is a time when many lasting memories are made. I still fondly recall back-to-school shopping with my mom or seeing my friends again on the first day of school. Now, as a mother myself, I find back-to-school time to be very busy for our family, with sports tryouts and activities starting up, open houses to attend and pictures to take.

Plus my daughter, Emma, will be a high school junior this fall, and I only have two more back-to-schools left with her. Emma was diagnosed with celiac disease as a toddler so there is, and always has been, an extra step at the beginning of the year to make sure the school understands her gluten-free diet.

Elementary school can be both the easiest and most difficult time to manage a child's gluten-free needs. On one hand, you are still largely in control of the diet, something that will change as your child moves into middle and high school. But on the other, your child does not yet have the skills to advocate for himself or herself in some situations outside of your home.

Your involvement begins with the open house or the first day of school and doesn't end until school lets out for the year. Here are some strategies that could help make it all a little easier for you and your child.

EDUCATING THE TEACHER

Whether your child is newly gluten free or has lived with the diet for a while, communication with your child's teacher and school staff is important to achieve a successful school year.

Heather Aitken-Cade, who writes the blog Celiac Family, is the matriarch of a military and gluten-free family. Aitken-Cade's family went gluten free when her son, Chase, was diagnosed with celiac disease at 18 months old. The family has moved frequently, including from Denver to Maryland this summer, and Chase, 12, has attended two elementary schools.

When Chase first started school, Aitken-Cade wrote a letter to his homeroom teacher explaining his celiac disease diagnosis and need for the gluten-free diet. Now she gives that letter to all staff who interact with Chase, including the school nurse. "I also try to talk with all of the teachers he is involved with by fall conferences. Communication is the best thing," she says.

Chris Rich, vice president of development for the Gluten Intolerance Group, an Oregon-based national advocacy group, just launched Generation GF, a

resource to help children, teens and young adults learn to cope with the gluten-free lifestyle. Rich, whose 14-year-old son was diagnosed with celiac disease when he was 12, hopes the group will also help kids become leaders in the gluten-free community.

Like Aitken-Cade, he has found that getting school staff on the same page is important for a child's gluten-free diet success. "There is no level of communication that is too much...Reach out to the teacher on the first day of school or email them before school starts," Rich recommends. Not sure where to begin? The Gluten Intolerance Group has created a generic letter to the teacher to help. (See Resources for more information.)

When my daughter was in elementary school, I made a small information packet for her teachers. Her photo was on the cover and inside was information about celiac disease and the gluten-free diet, plus some simple treat ideas. I always approached my daughter's teacher at the open house before school started.

You can also communicate with your child's school through a 504 Plan. Section 504 is part of the Rehabili-

RESOURCES

Generation GF is the Gluten Intolerance Group's initiative to help children better manage their gluten-free lives. Generation GF support groups, sponsored camps and other events are expected to give children, teenagers and young people the environment to get active in the gluten-free community.

Membership is free and includes a quarterly *Generation GF* magazine as well as kid-approved recipes and information. Your child can join at gluten.org/joinus/kids-membership.

If you need help with a teacher letter, the Generation GF website has a draft at gluten.org/community/kids.

The National Foundation for Celiac Awareness also has resources for parents, including information on how to set up a 504 Plan, at celiaccentral.org/kids/parents.

The Celiac Disease Foundation provides information on preparing a 504 Plan at celiac.org/celiac-disease/resources/brochures.

The Celiac Family blog includes back-to-school information at celiacfamily.com.

tation Act of 1973 designed to prevent discrimination based on a disability, which celiac disease can be considered. In the 504 Plan, parents, school staff and students meet and come to an agreement on which accommodations will be met. These might include bathroom breaks, gluten-free lunch food and parental notification when there is going to be a party, field trip or classroom activity that involves food. The plan is then distributed to staff members who work with your child, but double check to be sure that everyone who needs to get a copy does.

The 504 Plan should be reviewed annually by the administrator and parents. A 504 Plan works best when there is parental involvement to ensure it is being followed. If you are interested in setting one up for your child, ask for an appointment with the 504 Plan administrator. (See Resources for more information.)

GLUTEN IN CLASS AND THE LUNCH ROOM

While more school districts are offering gluten-free meals, Rich says school lunches are still the biggest concern for parents of gluten-free children. "A lot of school cafeterias don't understand the complexities of gluten free," he says.

Ask your school district nutrition department if gluten-free accommodations for children are already being made. The district office likely has a broader idea of its gluten-free plan, as well as what foods are gluten free, than a single cafeteria supervisor at your child's school. The district can equip the kitchen with the right utensils and educate the cafeteria staff.

Be prepared for the district to request a doctor's note about why your child needs to be gluten free. In the end, the nutrition department has the discretion to accommodate your child. If you are the first family to request gluten-free lunches, it may take a few weeks to a few months to make those accommodations.

While food preparation is a



very important part of the lunch room equation, Rich says it's not the only concern for parents: "If you pack a lunch, there could be a [gluten] mess on the tables.... People in the lunch room need to understand what [a gluten-free] child faces." Arranging to have tables wiped down before your child eats is something you might consider. You can also include a wet-wipe pack in your child's lunchbox so he or she can wipe off the table, though whether it will actually be used may be questionable.

Consider giving the nurse a few shelf-stable foods, such as a gluten-free Go Picnic boxed meal or an instant rice noodle soup from Thai Kitchen. Having a back-up plan at school will help if there is a problem with your child's lunch or if it's been left sitting on your kitchen counter.

Gluten may show up in the classroom in some other ways, too—play dough in kindergarten and noodle art or decoupage in art class are just a few examples. Rich says this is the second-biggest concern for parents. "Kids get their hands dirty. You can teach your children as much as you want, but when they get out of the house, the teacher needs to be aware," he says.

Rich's son couldn't participate in a science class project using Oreo cookies because the students were supposed to bite off parts of the cookie to replicate the phases of the moon. Since there are gluten-free cookies similar to Oreos, the teacher could have easily avoided this problem with a little communication, Rich says. He explained the issue and now the teacher contacts him about upcoming activities when a gluten-free substitute might be necessary. Aitken-Cade has been there, too. She provided gluten-free play dough for Chase's entire class or just for him, depending on what his teacher preferred at the time.

And what about in-class parties? If a big party is scheduled, for example just before winter break, you may get a request for a food donation. This helps your child in two ways. It alerts you that gluten-containing food will likely be in the classroom, and it gives

you a chance to send in a gluten-free option. You can be prepared further in advance for these kinds of events if you ask for a list of classroom parties at the beginning of the year.

Individual birthday parties are another matter. Many schools ask parents not to bring in food for a child's birthday, instead sharing other items such as pencils. But cupcakes, cookies and other treats might still show up for a birthday or another announced celebration, so it's a good idea to give the teacher a bag of your child's favorite treats. Some schools allow parents to keep gluten-free cupcakes in a school freezer. As my daughter moved up in grades in elementary school, teachers let her keep the bag of goodies in her desk, which helped Emma take some responsibility for her diet.

EDUCATING THE CLASS

In the early grades, ask if you or the teacher can read the class a children's story about special diets. Children are becoming more accepting of food allergies, and this is a good way to help them understand your child's situation. Other children in the class also may have special dietary needs.

My daughter has friends who ask their parents to provide gluten-free food at their birthday parties so Emma has something to eat. Other parents also have reported that friends become "wingmen" for gluten-free children, making sure their parents keep the gluten-free diet in mind when sending in snacks.

EDUCATING YOUR CHILD

You can do all this advance work, but it's still critical that you talk to your child about how to manage being gluten free in school. Early on you need to teach your child age-appropriate information about the gluten-free diet. This should begin even before your child is old enough to make decisions because it lays the groundwork for a knowledgeable and healthy approach to the diet.

First, make sure your child knows what he or she can and can't eat. Before Emma could read, she memorized that she couldn't eat wheat, barley and rye, which



Emma Leger heads back to school in her elementary years.

helped when talking to adults.

Second, emphasize to your young child that some of the kinds of foods available at home might not be safe at school. With so many gluten-free products that mimic gluten-containing products now available, your child might not know that a cookie, cupcake or pretzel served in the classroom is different from those you prepare or purchase.

On the plus side, it's now possible to provide your child with snacks and treats that are fairly similar to those being enjoyed by classmates, reducing the feeling of being different because of the gluten-free diet.

Third, show your child the treat bag or any other food you are providing to the teacher. Your child will know it is available and can ask the teacher for a treat when something unexpected shows up in class. Gluten-free children need to develop the ability to speak up for themselves and doing so in the classroom is good early experience.

Fourth, teach your child to wash hands often, especially before lunch, just in case any cross-contamination occurred during the day.

Finally, teach your child to turn down any food that he or she is not sure is gluten free.

"It is hard until they can read," Aitken-Cade says. "One time my son said he ate a gluten-free Goldfish [cracker] when he saw there was a G and F on the package." She explained to him

the "G" and the "F" were in the word "Goldfish" and were not the same as the "GF" that sometimes stands for gluten free. Once your child can read, teach the words gluten free, wheat, rye, barley and malt. As soon as your child's comprehension allows for it, teach label-reading skills. Eventually your child will be the one to tell the teachers what foods are safe on the diet.

WHEN PROBLEMS ARISE

What if you do all this and none of it works in your particular school? Try going to the school principal and explaining the situation. If that fails, try your school board representative. When I had a difficult time communicating with my district nutrition office regarding gluten-free lunch options for Emma in the mid-2000s, I went to my school board representative. I not only got an instant response from the board member and then the manager of the nutrition department, but the department made necessary changes that have since led to a very successful gluten-free lunch menu.

Having strong lines of communication with school staff can help make your child's school memories happy ones. **GF**

Amy Leger is the family editor for Gluten-Free Living. She also has a website, TheSavvyCeliac.com. She resides in the Minneapolis, Minnesota, area with her husband and two daughters.

We couldn't tolerate gluten either.



To that list of good foods you can safely eat, you can now add Cheerios.
Look for the seal on the box and learn more at cheerios.com/glutenfree



**GET
IN SHAPE
AND ENJOY
FRESH-AIR
ADVENTURES WITH
THIS UNIQUE EXERCISE**

By Meredith Quinn

Go take a hike

Section hikers in Kings Canyon National Park approaching Lake McDermand and Wanda Lake on the Pacific Crest Trail.

Fresh air, leaves crunching underfoot, the scent of pine trees, the trickle of a brook, the bright red and orange fall patchwork before you. To get there, all you have to do is walk.

As summer's nice weather ebbs into winter's tide, setting off for a hike in the mountains or a nearby national park is a welcome adventure. With trees changing color in September and October, you'll also get a dazzling show from Mother Earth—particularly in the Northeast.

People of all skill levels can take up hiking with a few preparations and careful planning. In fact, lifelong gluten-free hiker Diane Spicer of the website *Hiking-For-Her* says, "If you can walk up a flight of stairs, you can hike. And the more you hike, the easier it will be to walk up those stairs."

The winding road

There are likely fantastic hiking areas right in your backyard. Start small with a state or national park, and eventually climb your way up to mountain trails. You might even eventually want to thru-hike, which is following a trail end-to-end.

One of the best places to hike in the United States is the Pacific Crest Trail (PCT), a designated National Scenic Trail that stretches 2,650 miles from Canada to Mexico. Convenient to most West Coast cities, the trail offers people in Seattle, Portland, San Francisco and Los Angeles plenty of scenic spots.

Jack Haskel, another lifelong hiker who follows a gluten-free diet, is a trail information specialist for the Pacific Crest Trail Association. He has thru-hiked the PCT, which typically takes the full snow-free season, or about five months. He's also a self-described "passionate section hiker," noting that the PCT is great for day hikes and overnight backpacking trips. "It's well-signed, it's well-built and it's very accessible," he says. "It's special in how consistently beautiful it is—pretty much every stretch of the trail is worth hiking."

Not just scenic

Hiking provides multiple health benefits, including strengthening cardiovascular and muscular fitness. It helps lower the risk of heart disease, stroke, high cholesterol, some forms of cancer and early death. Known to lower rates of depression and improve sleep quality, hiking can also help control weight,

burning up to 370 calories per hour. Children will enjoy many of these same benefits, in addition to having better bone health and being more prepared to learn in school.

On top of these physical advantages, Spicer points out benefits of the mind and soul as well. "Tuning into bird songs, whistling marmots, murmuring streams and your own heartbeat along the trail will rejuvenate you more than eight hours of sleep," she says. "Repetitive physical motions open up mental space. This can lead to spiritual clarity and a sense of gratitude, making you a healthier human being and just plain nice to be around."

Trail ready

In some cases, hiking may be as easy as walking down the street, but sometimes a bit of training is needed. Haskel points out, "A remote wilderness path at 12,000 feet isn't the place you want to find out that you're not in good shape."

Be realistic about your capabilities and plan your hike accordingly. Haskel suggests getting out and walking simply to learn what it's like to walk extended distances. "It's very important that you know that before you commit to 10-mile days in the middle of nowhere," he says.

Spicer has a warning for would-be hikers: It's addictive. "Stronger muscles lead to longer hikes with big opportunities for adventure and exploration," she says. "And it beats the cost of a gym membership."

Also prepare by finding the right footwear. "Start hiking on flat, dry trails in any pair of athletic shoes you own," Spicer suggests. "Blisters are demotivators, so avoid them with a good sock-shoe combination."

Eating in the wild

"Hiking while gluten free is very practical and feasible and reasonable," says Haskel.

Jack Haskel relaxes by Evolution Lake in Kings Canyon National Park, along of the largest roadless stretches of wild land in the Lower 48.



Both Haskel and Spicer consume proteins and fats before and while hiking. They recommend celery with peanut butter, trail mix, olive oil, jerky, raw nuts and dried fruit. Spicer starts with a breakfast of gluten-free oatmeal, flax, walnuts, butter and a splash of almond milk or maple syrup. She says, “I add a hard-boiled egg to be sure I’ve got plenty of energy.”

For longer trips, Haskel notes that most hikers rely on low-quality, processed foods. He avoids this by preparing meals in advance. “I usually cook an entire meal at home—like a curry—and put that finished, delicious, home-cooked meal in my dehydrator,” he says. “Then I can eat that on the trail by just adding water.”

Spicer suggests nutrient-dense quinoa because “it’s lightweight and rehydrates quickly,” she says. “Vacuum-packed tuna or chicken, dehydrated veggies, olive oil and spices make a great quinoa stew. Switch up the spices for variety.”

Though bringing enough food for short hikes isn’t a problem, it can get complicated for a thru-hike. Haskel lists two ways to keep supplies stocked: buy along the way or mail yourself food. “With detailed planning, most people will be able to buy as they go—even while on a

gluten-free diet,” he says. “There are a couple of places where the options are gas stations and small stores, and it’s to those maybe five or 10 stops that I would recommend someone on a gluten-free diet mail themselves a resupply package.”

You may be wondering—stores,

towns, mail? On a 2,650-mile hike? “The PCT is a remote wilderness path—54 percent of it is in designated wilderness—but it crosses lots of roads,” Haskel clarifies. “One way to think of a PCT hike is that it’s a series of week-long backpacking trips. About once a week, you can go

into town to rest your feet, to do your laundry, to take a shower, to buy food, to talk to family and friends.”

Safety first

There is one very important factor that all hikers—regardless of experience—must keep in mind. “Your safety is your own responsibility,” warns Haskel. “There’s nobody out there to help you.”

Your best line of defense is to bring a friend. Next designate a primary contact at home who has your detailed itinerary—and check in when you are supposed to. Haskel says, “They’re the ones who will call search and rescue if something were to go wrong.”

Spicer and Haskel both stress the importance of having a paper map of your route. “There are a lot of good apps for phones,” Haskel says, “but screens break, you fall in creeks, phones die, batteries die.” Spicer notes that maps especially come in handy at confusing trail junctions. “Getting lost is no one’s idea of a good time,” she says.

Be sure to do your homework before departing. This could include taking a wilderness first aid and first responder class, checking the water report for dry stretches of trail, keeping abreast of the weather forecast and researching animals

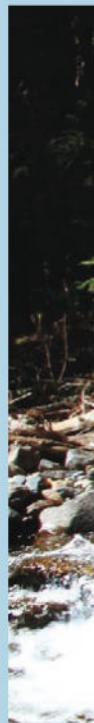
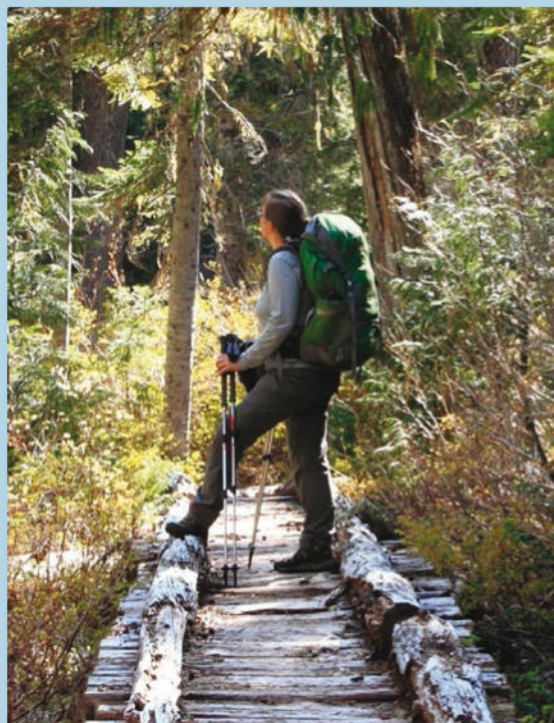
What’s in your backpack?

Diane Spicer, day hike:

- Top outside pocket: Sunglasses, bandanna, hat, quick-dry towel, hard candy for fast fuel and to keep my mouth moist
- Middle outside pocket: Trowel, baby wipes, Ziploc bags, SPF 50 sunscreen, SPF 15 lip balm
- Outer side pockets: Water bottles, gaiters
- Inner compartment: Extra season-dependent clothing; food such as “energy spheres” made from dates, nut butter and almonds dusted with coconut flakes or a cheese stick or chunk of dark chocolate; space blanket; tarp; paracord; insect repellent; water treatment; pen and notebook; metal bowl; whistle and laminated botanical identification cards

Jack Haskel, longer hikes:

- I start at my feet—hiking shoes and socks, warm long underwear, pants, shirt, long jacket, waterproof clothing, warm hat.
- I save weight by carrying a tarp instead of a heavy tent and a quilt instead of a sleeping bag if the weather is going to be nice.
- Food in a hard-sided, bear-resistant canister, which is required in some places. I really enjoy having a pot of beans and rice at night. I mix it up with lentil dishes. Brussels sprouts hold up really well, [as do] endives, zucchini and bell peppers. If I do eat meat, it’s a fair amount of pouches of tuna.



that you could encounter. But most importantly, plan an appropriate hike for your skill level. **GF**

Meredith Quinn is an associate editor for Gluten-Free Living and her last hike took her to the top of Vermont's Mount Mansfield.

Give back to Mother Nature

Jack Haskel of the Pacific Crest Trail Association suggests another way of getting in touch with the earth, aside from getting out and hiking. And it will make you feel good about yourself too.

"Hiking the PCT is wonderful and a great way to connect to the trail," he says. "But the trail also has a whole community of people who volunteer. It's free, and we need more people to help. It's good for your health, and you'll meet great people."

Go to pcta.org for more information and to sign up.



Jack Haskel completed the PCT thru-hike from Mexico to Canada while gluten free.



PHOTO COURTESY PCTA AND JACK HASKEL



Jack Haskel's Top 5 stretches of the Pacific Crest Trail

North Cascades

"Some of the most jagged and dramatic stretches of the PCT. I love the Kendall Katwalk north of the Snoqualmie Pass. It's not far from Seattle, and it's a wonderful day hike."

Volcanoes in Oregon "I really like the shoulder of Mount Hood, going up to Timberline Lodge and then hiking the PCT north from there. It's just big views of Mount Hood. And really every one of those stratovolcanoes has great hiking on the side of it."



Klamath Mountains "One of my favorite regions for a longer backpacking trip. It's quiet—not a lot of people go there. It's a fantastic PCT experience high up in the mountains."

The Sierra Nevadas from Lake Tahoe south to Mount Whitney. "Some of the best wilderness and largest roadless stretches in the United States. The PCT is at the top of those mountains."

Mount Baden-Powell

"Above Los Angeles, I really like hiking the region around Wrightwood, California."



Teaching your kids to cook

MOM AND DAUGHTER DUO NAVIGATE THE GLUTEN-FREE DIET AND COPING IN THE KITCHEN

By Amy Leger





Educating our gluten-free children about what they can eat is just one part of the puzzle of raising a confident, independent child. Another piece is teaching them how to cook.

Carlyn Berghoff is a caterer in Chicago and fourth-generation owner of The Berghoff Restaurant. Five years ago her daughter, Sarah Berghoff McClure, was diagnosed with celiac disease. In 2013 the mother-daughter duo wrote the cookbook *Cooking for Your Gluten-Free Teen*.

Recently *Gluten-Free Living* sat down with Berghoff and McClure to talk about embracing the gluten-free diet, learning how to cook in a new way and teaching a teenager how to easily create a balanced meal when life gets busy. McClure, 18, was getting ready to attend the University of Kansas at the time of the interview.

Amy Leger: Tell us about Sarah's diagnosis and how life changed for your family.

Carlyn Berghoff: Sarah was transitioning into middle school in seventh grade. She is a nervous kid and has some stomach issues. Sometimes the symptoms would come with flu-like symptoms: body aches, runny nose and cough. This was the year of the swine flu, [so] we thought she had that. We went to the pediatrician four times between August and December. Sarah was losing weight. She was told all of those times she had a virus.

My business tends to be the craziest in the last quarter of the year. I am not as

intuitive at that time. When things settled down by Christmas Eve, we went to Florida [for vacation]. Sarah looked at me and said, "I think I'm dying." This time I looked at her and her skin was gray and she had bags under eyes. We could have gone home, but our pediatrician was on vacation so we talked to my best friend, who is a retired pediatrician, and then made an appointment for Sarah's regular physician when we got home.

Sarah Berghoff McClure: I was really scared. I was kind of annoyed at my mom—sorry mom. For the first week I said something is wrong with me, and she said nothing is wrong. We gave it another two weeks, and I said we need to go to the doctor. It was a really slow process. It was frustrating going back and forth between doctors.

Doctors told me you're not sick, you're crazy, it is just mental or you're possibly depressed. I didn't agree. I was so young, I didn't know. I was more just scared because I really did think I was dying.

AL: Carlyn, you hear those words that she thinks she's dying, and that has got to cut you to the core?

CB: Oh yes...absolutely.

SBM: At that point we didn't know what it



Carlyn Berghoff



Sarah Berghoff McClure

was, my white blood cell count was really low...and then it was really high. ... We were only getting the corners of the puzzle. So eventually getting a celiac disease diagnosis was not so bad.

CB: We contacted my pediatrician friend. She told Sarah to start a food journal and start taking an acid reducer before eating. The biggest help was the food journal. You see patterns. We went and saw our regular pediatrician, and she wanted to put Sarah on a prescription acid reflux [medication] and wait for two weeks. I said no. By this time, Sarah had lost 10 pounds.

Her doctor did blood work, and [it] came back positive for celiac disease. We saw a gastroenterologist and got the endoscopy and biopsy within that week. It was positive, confirming Sarah had celiac disease. We met with a nutritionist who told us what we had to do.

SBM: You forgot the part before my diagnosis where the doctors said maybe you can't have gluten. So I went gluten free for a week and started to feel really good, and then they said, "Oops, you have got to pack in the gluten for a week to get tested." That was annoying.

AL: How were those first few months dealing with the gluten-free diet?

SBM: The day I got home it was just bad. Remember those gluten-free cupcakes we got? They were horrible.

CB: She was diagnosed on her 13th birthday. I made brownies out of a gluten-free mix. They were bad.

SBM: You made a cake. I said, "I know you can make something better."

CB: She said, "I think you have to write a cookbook, Mom." I thought, "I have got to learn how to do this first."

SBM: You didn't like baking in the first place so when you added gluten free to that, you were like, "Uh oh."

AL: I think that happened to all of us.

SBM: I tried baking cookies. The batter tasted great, but they turned out flat. We gave up for a while and then got back into it once we found our flour mix and started experimenting.

CB: I was scared to death. I decided the house would be gluten free [because] the house is the only place where Sarah will feel free to eat. At the time we had child care and teenagers, and I just couldn't trust them to not cross-contaminate. I was overwhelmed like any parent. Even though I was a chef and cook, I thought about all those foods that she likes...I had to find a substitute.

AL: Carlyn, did your culinary training and experience prepare you for this moment?

CB: I had a big moment of panic. And then I said, "I can do this. I can do anything that has to do with food." It just took a minute. It took me longer to figure out gluten free at the restaurant. We have transitioned to make a lot of our menu items naturally gluten free, and we have an allergy binder for people with other food concerns.

I always tell people if they have food allergies, ask for a manager as soon as you sit down. I want people to come here, ask questions and feel like they can be safe. Our managers, chefs and my purchasing agent have all gone through the National Foundation for Celiac Awareness GREAT Kitchens program, which is a start. Then I have my own additional rules at the restaurant.

AL: What had to happen for you both to cope with the new gluten-free lifestyle?

CB: We just had to come up with some stuff that she liked that tasted good. We started with things we could throw on the grill.

SBM: We had to get gluten out of the house first...

CB: Yes we did. Sarah would ask for certain food, and I would try to figure out how to make it gluten free and dairy free [since she also avoids dairy]. If you eat clean, fresh veggies, the simpler you are the better. But Sarah missed pastas, macaroni and cheese and kids' comfort foods. It took a while.

SBM: It was helpful to not have people bring gluten into the house for a few weeks. And that my family did the diet with me.

AL: What about your friends?

SBM: That was a little harder. I didn't have much time to hang out with friends. I had track and homework. I just brought a lunchbox to school and ate.

CB: She got embarrassed about always having to have food with her. She was afraid to go to other people's homes. There was quite an adjustment on that. Seventh and eighth grades were the hardest. Now she's a good educator and advocate for other people as well. She knows what it is like to have a challenge.

AL: Would you agree, Sarah?

SBM: Yes, and thank you.

AL: As our kids get older our lives get busier. Carlyn, what are cooking ideas for parents on the go with gluten-free children?

CB: You have to cook and freeze. Almost [every recipe] in our book tells you how to freeze it. We freeze quiche, banana bread and sandwich bread. You have to plan ahead. There is no way around it. Spring rolls, chili, lasagna, meatballs are foods we like. We also have hard-boiled eggs around so we can make egg salad. Plus tuna salad lasts for days in the refrigerator.

AL: Sarah, how much cooking do you do?

SBM: I'm pretty lucky to have my mom. There's always food in the fridge. When it comes to making my own dinner, my mom taught me how to reinvent and recycle. I open the fridge, and I know I have pasta, turkey from the restaurant, as well as peppers. I'll make spaghetti, and I'll have peppers with hummus, and I'll eat two pieces of turkey for some protein.

Most people with a family of five cook five chicken breasts for dinner. No, we cook 10. We keep leftovers in the fridge. We'll shred some chicken for quesadillas. Or I will put all the elements of a Caesar salad in containers, and I can grab them in the morning.

CB: Sarah is also grocery shopping now. She is going to have to go to college and fend for herself. She knows how to make everything in the cookbook. This summer we had her shopping and cooking.

AL: What arrangements have been made for Sarah at the University of Kansas?

CB: Our gastroenterologist said we needed to get a letter stating she needs her own kitchen in her dorm room because of her celiac disease and other food allergies.

AL: Sarah, are you ready to manage gluten free at college?

SBM: Bring it on! I just got back from orientation. While I was there I explored the local health food stores and the dining hall. I am excited about college but am a little worried about having time to cook and missing out on the social aspect of eating with friends in the dining hall. So I think I will pack food and bring it along so I can eat with my friends.

AL: Carlyn, what two pieces of advice can you offer parents?

Prepping for college

You'll find a list of helpful items to have in a college kitchen, as well as recipes designed for college students, at Gluten Free Family Food, gffamilyfood.com, a blog written by Carlyn Berghoff and Sarah Berghoff McClure.

The mother-daughter duo also shares a recipe on page 62 for quick and easy Taco Pie from their cookbook, *Cooking for Your Gluten-Free Teen*, which is available on their website and at amazon.com and barnesandnoble.com.

CB: When appropriate, get your kids involved at the grocery store and in the kitchen. They are going to have to feed themselves eventually. And find your community. Find someone you can rely on.

Also, Sarah is learning how to talk to doctors and learning how to manage her own health. This is huge. I was [the responsible person] on her medical chart, but the minute she turned 18, I vanished from her chart.

AL: Sarah, what tips do you have for gluten-free kids?

SBM: Always have snacks with you. And I always carry medication like Pepto-Bismol or Gas-X to take quickly and buy some time if I accidentally get gluten.

AL: What mistakes have you learned from along the way?

SBM: Not putting enough freezer packs in the cooler for a trip. Not bringing a doctor's note that you need the freezer packs [on an airplane], or they'll take them away before your flight.

CB: Sometimes other illnesses come along with celiac disease. If you're still having trouble after going gluten free, keep asking questions.

AL: Carlyn, we first met at a gluten-free event in Chicago in 2013. You talked about doing a survey with your doctors' celiac disease patients to find out what foods kids miss most. At the time you said "good bread, donuts, pancakes and waffles." Would you still say that today?

CB: I would add gravy and stuffing to that list. There seems to be a

big outcry for that during the holidays. People miss it.

SBM: French fries are at the top of my list. We make baked French fries at home, but I would like fries that are deep fried.

AL: What role did creating a gluten-free cookbook play in your gluten-free journey?

SBM: It was a lot of experimenting and a lot of trial and error. We were trying to come up with foods that tasted good.

AL: Did you learn a lot about cooking?

SBM: I already knew how to cook, but it did have me in the kitchen more helping out.

CB: As far as transforming me, the flour mixture was the most painful part of the whole book. Once we had the flour, we had everything. Learning the science of how gluten-free baking works—I am not a good baker...I am a savory cook. The baking part, let's just say there was a lot of bad stuff that came out of the kitchen. Sarah's standards were that it had to taste as good as the way it used to.

SBM: Overall I would say working on the book brought us closer.

CB: I want Sarah to have the same opportunities that everyone else has. I think celiac disease has made her more aware of self-advocacy and how important it is to have a voice. Creating the cookbook with her really helped me enable her voice. We also found something we could do together. Something we can talk about. **GF**

Amy Leger, family editor for Gluten-Free Living, regularly interviews those who are shaping the gluten-free community

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Packing lunch with nutritional

By Amy Jones

PUNCH

MAKE THE GRADE WITH HEALTHY OPTIONS FOR YOUR CHILD

Another summer has come and gone, and kids are returning to the classroom and to school lunch. Providing a safe gluten-free lunch is always the first priority, but a healthy lunch can also go a long way to providing the good nutrition your child needs every day.

If this is your child's first school year gluten free, you may be struggling to find healthy replacements for the gluten-containing foods that he or she used to eat. If you are a more experienced gluten-free parent, you may be struggling to come up with fresh new ideas, or you may be letting your older child or teen have more freedom to make their own choices at lunch.

Gluten-free diets are often lacking in some key nutrients. Gluten-free breads, cereals and pastas are typically not enriched with B vitamins, folic acid, thiamine, riboflavin, niacin and iron the way similar gluten-containing foods are. The gluten-free diet is also at risk of being low in fiber as most people get the majority of their fiber from wheat-, rye- and barley-based foods. The diet may also be low in calcium, especially if your child is struggling with lactose intolerance.

Here are some tips to help you think outside the lunch "box" and start the school year off on a healthy note.



A HEALTHY LUNCH CAN GO A LONG WAY TO PROVIDING THE GOOD NUTRITION YOUR CHILD NEEDS EVERY DAY.

Build a lunch

Because weekday mornings can be so busy for many families, coming up with a basic plan for packed lunches can take pressure off parents to come up with ideas at the last minute. If your child is old enough, having a plan can also allow them to participate in assembling lunch.

Amy Macklin, R.D., founder of Gluten Free Roots, a website and gluten-free diet consulting service, suggests developing a Balanced Lunch Checklist. The checklist builds on the basics of healthy gluten-free lunches: lean protein, fruits, vegetables, gluten-free whole grains and low-fat dairy. Ask your child to write down examples of their favorite foods in all these categories and develop a weekly lunch plan based on the checklist. (See a sample checklist on page 26.)

Simple sandwiches

Many kids are accustomed to having a sandwich at lunch, and the carbohydrates in sandwich bread are a great source of energy. However making a sandwich can be a real challenge if your child has not yet found acceptable gluten-free bread.

Macklin says that finding gluten-free bread that looks as close to regular bread as possible is important. "Because some gluten-free bread slices can be small, try to buy a loaf that is closer to full size, or consider baking your own bread," she advises. To get extra nutrition, opt for gluten-free enriched breads whenever possible.

If your child isn't crazy about sandwich bread, be creative with a gluten-free bagel, corn or other gluten-free tortilla or an English muffin. Macklin suggests shaking up sandwiches even more. "Try lettuce leaves or do lunchmeat and cheese roll-ups. You can make lunch with a crunch by adding a carrot, raw green bean, red pepper or pickle in the center," she says.

Protein power

Include a good source of protein in every lunch. Protein helps keep kids full longer, and meat sources of protein can provide needed iron and Vitamin B12. Gluten-free deli meats are easy and appealing, as are boiled eggs, chicken or tuna salads, beans, low-fat cheeses, nut butters such as peanut or almond butter and fruit smoothies made with Greek yogurt.

Leftovers are also great for lunches, especially if your child has easy access to a microwave.

Sheila Kite says her 17-year-old daughter Olivia, who has had celiac disease since she was 9, took a thermos with steamed shrimp or pasta

salad for lunch when she was in elementary school. "My goal was to make Olivia feel like she had a 'special' lunch that was even better than what other kids were eating," Kite says.

Kids' tastes also mature over time, which has been Sheila's experience with Olivia. "Now she'll take a leftover pork chop, roast, gluten-free lasagna or macaroni and cheese," Kite says. "When she was a freshman, she didn't feel comfortable using the microwave at school, but now she does."

Vegetable adventures

Many kids struggle to find vegetables they like. For younger children, standby recipes such as Ants on a Log—celery and peanut butter, topped with raisins—can be made even more nutritious by varying the vegetable and the filler. For example try red pepper strips or a cucumber sliced lengthwise and top it with hummus instead of peanut butter.

Celery filled with chicken or tuna salad can also be a good way to serve more vegetables while also providing protein. Slice carrots, celery, cucumbers and cherry tomatoes and serve them with dips. "There is nothing wrong with using dip in moderation if that helps your child eat more vegetables," says Macklin.

Older kids may be developing a taste for salads. Try to choose darker leafy green vegetables instead of iceberg lettuce. The darker greens provide more folic acid. If your child prefers iceberg lettuce, even sneaking in a few spinach or romaine leaves is a good place to start.

If salad is the main course for your child's lunch, be sure to include protein such as chicken, nuts, beans or eggs. Some non-meat forms of protein, chickpeas and beans for example, are good sources of iron and fiber.

Fruity fun

Fruits are a great place to get creative, and most kids will accept a wide variety. Fruit kabobs are fun, easy and can be served with a good source of protein and calcium such as yogurt. Try wrapping a banana in a gluten-free tortilla with peanut butter.

A fruit quesadilla can also be kid-friendly with sliced fruits between two gluten-free tortillas topped with peanut butter or low-fat cream cheese. Add fruit to low fat cottage cheese, or top apple rings with peanut butter and gluten-free oats. If your child isn't crazy about whole fruits, a fruit smoothie, dried fruit or an 8-ounce cup of 100 percent fruit juice provide variety and nutrition.

Gluten-Free Enriched Breads

- **Ener-G** (all breads) ener-g.com
- **Kinnikinnick** (all breads) kinnikinnick.com
- **Gluten Free Creations** (all breads) glutenfreecreations.com
- **Schär** (white breads) schar.com

Delicious dairy

Dairy products provide needed calcium for growing bones. However some kids with celiac disease may struggle with lactose intolerance at least temporarily. The good news is that most aged cheeses, including cheddar and Swiss, are very low in lactose and may be tolerated very well. Lactose-free milk or fortified soy, almond or coconut milks can help provide necessary calcium and Vitamin D. Non-dairy sources of calcium include dark green leafy vegetables, almonds, tofu and calcium-fortified orange juice.

Occasional treats and snacks

Both Macklin and Kite agree that there is room for occasional treats in a healthy gluten-free lunch. "When my boys have field trips, I might let go of nutrition for the day and let them have fun foods like nachos or a sugary drink," Macklin says.

She recommends including a small treat in your child's lunch once or twice a week as part of the Balanced Lunch Checklist. An appropriate treat would be a bite-size candy bar, single-serve bag of chips or a small gluten-free cookie, she says.

It's also important to keep a stash of snacks in the classroom. "If there is a surprise birthday treat or another special occasion snack, I make sure that Olivia has a snack in her backpack like cookies or fruit snacks so she's not left out," Kite says.

Macklin also recommends considering your child's age when packing lunch. "My boys are getting older now and need more food than they did when they were little," she says.

If your child has appropriate snacks for the time between school and sports or band practices, he or she won't get hungry and be tempted to make bad choices from vending machines or fast food.

"Olivia played on a travel volleyball team, and we wanted to make sure she had plenty of safe choices available during a day of games," says Kite. "We packed fruit, beef jerky, carrots, cheese sticks and even peanut butter cups as a treat."

Keeping it safe

Cafeteria tables can be messy places, so Macklin recommends

My Balanced Lunch Checklist*

My favorite vegetables

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☐
☐
☐
☐

My favorite fruits

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☐
☐
☐
☐

My favorite snacks

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☐
☐
☐

My favorite GF whole grains

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My favorite protein

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☐
☐
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☐

My favorite treats

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*Consult choosemyplate.gov for age-appropriate portion recommendations

Adapted with permission of Amy Macklin, R.D., from www.glutenfreeroots.com

PRE-CUT FRUITS AND VEGETABLES, YOGURT, STRING CHEESE, TRAIL MIX OR GLUTEN-FREE CRACKERS AND PEANUT BUTTER ARE ALL HEALTHY GRAB-AND-GO OPTIONS.

including extra napkins or paper towels in your child's lunch. "Have them eat off the napkins or paper towels, or even directly out of their lunch box to avoid contamination with crumbs from other kids' lunches," she says.

Keep hot foods hot with a thermos. If your child has access to a microwave, teach your child to cover the food with a paper towel during cooking. Kite recommends investing in plenty of cold packs for lunches and snacks. And Macklin notes, "A frozen container of yogurt can also help keep things cold."

School's out

Many schools serve lunches fairly early in the day, so kids are usually hungry when they get home. If your child is older and home alone for a bit after school, he or she can take some responsibility for a healthy after-school snack. Just remember, it doesn't have to be complicated to be healthy.

"Olivia's favorite after-school snacks are fruit or a slice of cold gluten-free pizza," says Kite. Keep ready-made healthy snacks available, and keep chips and other junk foods out of sight. Pre-cut fruits and vegetables, yogurt, string cheese, trail mix or gluten-free crackers and peanut butter are all healthy grab-and-go options.

The start of the school year is always hectic, and sometimes packing a healthy lunch can be just one more thing on a busy parent's morning to-do list. But with some pre-planning, input from your child whenever possible and attention to some key nutrients, it can be easy to kick off the healthiest school year yet. **GF**

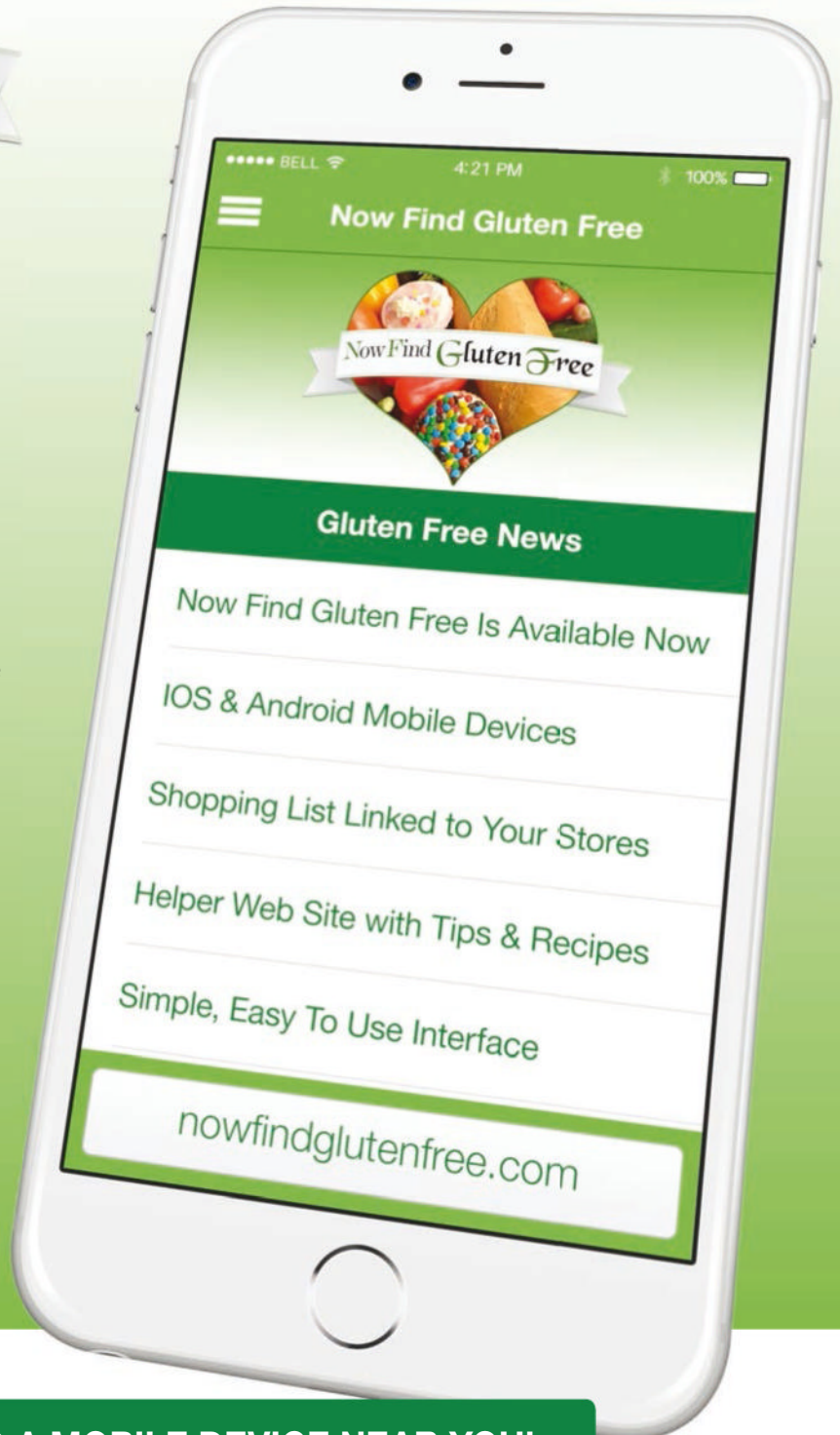
Amy Jones, R.D., leads a celiac disease support group in Bellefontaine, Ohio. She is the chair of the Dietitians in Gluten Intolerance Diseases practice group and writes a recurring column on nutrition for *Gluten-Free Living*. She is also on the magazine's Dietetic Advisory Board.

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The *seeds* of good health

FROM CHIA
TO SESAME,
SEEDS ARE A
GLUTEN-FREE
NUTRITIONAL
POWERHOUSE

by
Laurie
Bushnell
Steenwyk





IT MAY SEEM LIKE SEEDS ARE SUDDENLY EVERYWHERE, from your gluten-free cereal bowl to your sandwich bread to your late-night snacks.

The movement toward healthier eating may explain why seeds have become so popular, both in gluten-free and mainstream products. For such a tiny package, seeds offer big nutritional benefits. As it happens, seeds provide the very nutrients that are often lacking in a gluten-free diet.

Many of the seeds we enjoy today played an important role in ancient cultures. Chia seeds were cultivated by the Mayans as early as 300 A.D., then continued to be used in Central America by the Aztecs. Native North Americans began cultivating the sunflower for food as early as 2300 B.C., grinding them to thicken soups and stews and for an energy-rich paste to take on long journeys.

Across the globe, sesame seeds were prized in Asia for their oil, perhaps as early as 5000 B.C. The Greek physician Hippocrates referred to the health benefits of flaxseed in his writing, but long before the ancient Egyptians used both the fibers and the seeds of the flax plant.

NUTRITIONAL POWERHOUSE

Throughout history seeds have been revered as a high-energy food source and were even used as currency in some cultures, demonstrating their significance in everyday life. But the nutritional qualities of seeds have been a relatively recent discovery.

As a rule, seeds are rich in protein and fiber. They are calorically dense, but most of those calories are derived from their high content of heart-healthy fats. They also provide a wide variety of minerals, chiefly iron, zinc, calcium, magnesium, copper, phosphorus and manganese as well as the B vitamin thiamine.

You don't need to eat large portions to reap the nutritional benefits seeds offer: a one-ounce serving, usually one-quarter cup, provides significant amounts of protein, fiber, minerals and essential fatty acids.

Besides their nutritional benefits, seeds are portable, tasty and a great way to add variety to meals and snacks. Are you taking advantage of all seeds have to offer?

Flaxseed is best known for its high omega-3 fatty acid content, which is protective against heart disease and some types of cancer. It also contains large amounts of lignans, a type of fiber that promotes good bacteria in the gut. It is especially rich in phosphorus, magnesium, potassium and iron. Flaxseed is available in two varieties, brown and golden, though their nutritional properties are similar.

But most whole flaxseeds pass through us undigested. To absorb flax nutrients, it's important to consume the seeds ground into milled flax or flax meal. Flax can be purchased already milled, or you can grind it yourself using a blender or coffee grinder.

Ground flax is easily incorporated into gluten-free baked goods by reducing the flour in a recipe by one-quarter to one-half cup and substituting the same amount of this nutrient-rich ingredient. Ground flax adds a slightly nutty flavor and a whole-grain appearance to baked goods but will not affect most recipes otherwise. If you want to sneak it past your kids, golden flax will have a less obvious appearance.

You can also add ground flax to gluten-free oatmeal, cold cereal or yogurt. Be sure to store flax in the freezer in an opaque, airtight container. This protects its omega-3 fatty acids and lengthens its shelf-life.

Chia seeds are a relative newcomer to American diets. Cultivated centuries ago in Central and South America, chia has recently seen a resurgence in popularity. Chia seeds are sold whole or ground and come in white or black varieties.

Like flax, chia seeds are rich in omega-3 fatty acids, antioxidants and fiber.

Get creative with seeds

While you can reap the nutritional benefits of seeds simply by snacking on a handful or adding them to your morning cereal, here are some novel ways to enjoy the power of seeds.

Pop amaranth seeds in a hot, dry skillet to produce a light, airy snack similar to popcorn. Start with at least a 10-inch skillet over medium-high heat. Add one teaspoon of seeds, shaking the pan lightly to move the seeds back and forth. They should start popping in a few seconds; if not increase the heat. Seeds will burn before they pop if the heat is too low. Pop by teaspoons until you have the desired quantity. Mix with peanut butter, honey and other seeds to make your own nutrient-dense snack bars or combine with another gluten-free cereal and make a nutritious version of Rice Krispies Treats®.

Instead of gluten-free bread crumbs, try a third cup of ground flax in meatloaf or salmon patties.

Make refrigerator jam using chia seeds instead of pectin: place one cup of roughly chopped fruit and one tablespoon each of chia seeds, warm water and sweetener of your choice in a food processor or blender.

Add one teaspoon of lemon juice if using peaches or strawberries to preserve their color. Blend until the mixture is well combined but still contains small pieces of fruit. Store in the refrigerator at least an hour before serving to complete the gelling process.

Coat fish or chicken with crushed sunflower seeds before baking or frying.

Try sprouting. Most raw seeds can be sprouted in just a few days. Place one tablespoon of seeds in a quart-sized glass jar and soak in cool water for two to four hours. Larger seeds require longer soaking.

Drain off the water through cheesecloth or nylon secured to the jar with a rubber band. Place the jar on its side in an area with natural light, but out of direct sun. Rinse and drain thoroughly two to three times daily. Sprouts will form in two to four days—fresh, crisp and splendid on salads or sandwiches.

Refrigerate the sprouts when you want them to stop growing. Sprouting can increase the B-vitamin content of seeds and make them easier to digest. Pre-rinsed quinoa will not sprout, nor will seeds that have been roasted or exposed to high heat.

One ounce contains a whopping 10 grams of fiber and one-third of the recommended daily allowance for selenium—more than any other seed.

Selenium is a key component in numerous metabolic functions, including formation of proteins, thyroid function and elimination of cell-damaging free radicals. Chia seed is also rich in calcium, phosphorus and manganese. Unlike flax, chia doesn't need to be ground to obtain its health benefits.

Chia has a mild, unimposing flavor and is often added to beverages and puddings. When exposed to liquid, it softens, forming a sticky, gelatinous coating. This adds body to liquids and serves as a binder in recipes. Chia can be used to make an egg substitute.

It's also mixed into yogurt and smoothies, sprinkled onto salads, and used as a substitute for poppy seeds in muffins.

And if you're wondering, yes, chia seeds are used for Chia Pets because they sprout quickly to create the hair, beards and more that

Seeds and nutritional value

DOES the inclusion of seeds enhance the nutritional quality of gluten-free products?

The addition of seeds to a gluten-free product typically increases its calories, fat and fiber while decreasing its carbohydrates. This makes perfect sense because seeds are high in calories, fat and

fiber while low in carbs.

While it would be great if products with seeds were significantly more nutritious than those without, the truth is the impact of added seeds is often minimal. A comparison of several seeded crackers to their unseeded counterpart of the same brand bore this out.

The seeded variety typically had one additional gram of fiber; one less gram of carbohydrate, one to two extra grams of fat and a few more calories.

However a comparison of seeded breads to "white" breads of the same brand yielded better results with fiber two to five grams higher; two grams less carbohydrate

and in some cases an additional 2 percent of the daily value for iron and calcium.

Still these aren't huge differences. Though you should read labels and compare nutrients, your best option to get real nutrition from seeds is to purchase the seeds themselves and eat them as a snack or add them to the foods you eat.

One ounce of seeds provides significant nutrition, but most foods with added seeds don't contain anything close to this. On the other hand, the best nutrients come from foods you actually eat. If eating a seeded cracker or bread makes you more likely to consume seeds, then by all means enjoy them this way.

characterize the pets. When the seeds are moistened, their sticky coating allows them to adhere to the surface of the pottery used for Chia Pets.

Sesame seeds are a nutritional powerhouse you may have overlooked. In the United States they are usually relegated to the tops of hamburger buns.

But sesame seeds are a surprising source of nutrients: just one ounce contains as much calcium as a cup of milk, while providing a rich source of iron and magnesium and exceeding our daily requirement for copper. Sesame seeds are flavorful, too, adding Asian flair to sautéed vegetables and a rich, savory flavor to homemade gluten-free breads and muffins.

Sunflowers are native to North America, and their seeds were used for centuries by Native Americans as a high-energy food source. Sunflower seeds are available as kernels with the shell removed or whole inside their black-and-white-striped shell.

More than a topping for salads, sunflower seed kernels are a nutritious addition to trail mix, chicken salad, stir fry or pancake batter. Kids may enjoy the challenge of removing the outer shell with their teeth and spitting out the hull.

Sunflower seeds are an excellent source of copper, selenium and the B vitamins, including folate. They are an extremely rich source of vitamin E, unlike other seeds.

Pumpkin seeds, surprisingly, are the nutritional giant among seeds available for human consumption. Compared to others, pumpkin is highest in protein, with nearly nine grams per ounce, and contains more magnesium, phosphorus, potassium, zinc, manganese and thiamine than any other seeds.

It's also a rich source of iron and healthy monounsaturated fat. Pumpkin seeds are relatively low in fiber, though this may actually be beneficial to those who suffer digestive distress when consuming fibrous foods.

Also known as *pepitas*, Spanish for "little seeds," they are typically sold already shelled, either raw or roasted. They have a distinctive olive green color and add visual appeal to cereal, granola, snack bars and salads.

Amaranth and quinoa are thought of as grains, but they are known in scientific circles as "pseudo-cereals" and are actually seeds. They have nutritional profiles similar to grains—high in carbohydrates and low in fat—but they also have similarities to seeds.

Both are a good source of protein, and, unlike true grains, contain all the essential amino acids, making them a source of complete protein. Amaranth and quinoa are also rich in iron, magnesium and zinc.

Quinoa is especially high in the B vitamins, providing more than 20 percent of the daily requirement in a serving. Many gluten-free diets are low in B vitamins due to lack of enrichment by manufacturers. Refined wheat-based products are required to be en-

Should people with diverticular disease eat seeds?

Diverticulosis is the presence of small pouches in the lining of the colon. These are thought to be caused by a low fiber, Western-style diet.

Occasionally, these pouches become infected or even perforated, causing severe abdominal pain. This active infection is called diverticulitis. Years ago patients were told to avoid nuts and seeds to prevent recurrence of diverticulitis.

Today nutritionists teach patients that there is no scientific evidence supporting this theory. The best treatment to prevent both forms of diverticular disease is to consume a diet rich in fiber, including the fiber found in seeds and nuts.

Chia seed substitute for eggs

To make an egg substitute, combine 1 tablespoon of ground white chia seed with ¼ cup warm water, blend with a fork, and let stand for 5 minutes. The mixture will quickly take on the consistency of raw egg and can be used instead in most gluten-free baked goods.

PRODUCTS WITH SEEDS

The advantages of seeds have not escaped makers of gluten-free products. From cereal to crackers to snack bars, seeds can be found in a wide variety of gluten-free foods. Here is a sampling:

Cereal

NATURE'S PATH: Qi'a Super Food Cereal, Mesa Sunrise

KIND: Cinnamon Oat Clusters with Flax Seeds

ENJOY LIFE: Crunchy Flax

HODGSON MILL: Buckwheat Cream Hot Cereal with Milled Flaxseed

ONE PLANET: Morning Magic Granola

Crackers

MARY'S GONE CRACKERS: all varieties, including Super Seed

CRUNCHMASTER: Multi-seed, 7 Ancient Grains, Multi-Grain

BRETON: Gluten Free Original with Flax

VAN'S: The Perfect 10

Waffles

NATURE'S PATH: Chia Plus Frozen Waffles

Bread

UDI'S: Ancient Grain Omega Flax & Fiber, Millet-Chia

RUDI'S: Double Fiber

GLUTINO: Seeded, Multigrain

THREE BAKERS: MaxOmega™, Great Seed

ENER-G: White Rice Flax Loaf

Chips & Snacks

LESSER EVIL: Baked Bean Chia Crisps, Super 4 Snacks, Chia

Pop, Buddha Bowl Popcorn Snacks

LAUREL HILL: Pumpkin Seed Tortilla Chips

GLUTINO: Sesame Pretzel Rings

MIGUEL'S: Organic Vegetable & Seed Tortilla Dippers

Trail Mix

ENJOY LIFE: No Nuts! Seed and Fruit Mix

Bars

NATURE'S PATH: Trail Mixer Chewy Granola Bar

NUGO FREE: Dark Chocolate Trail Mix Bar

HEALTH WARRIOR: Chia Bars (multiple flavors)

riched with iron and B vitamins to replace the nutrients lost in the milling process, but gluten-free products are exempt from this rule.

Both quinoa and amaranth are tiny seeds, making it easy to add them whole to foods such as crackers, breads and cereals. They impart crunchy texture and distinctive flavor to these foods.

Amaranth can be popped, resulting in a mini version of popcorn.

Quinoa seeds are coated with saponin, a bitter-tasting compound that serves as a natural bird and insect repellent. If you purchase quinoa that is not pre-rinsed, you'll need to rinse the grain under very hot water before use.

With all their uses and nutritional value, it's no wonder seeds are gaining ground as consumers look for new ways to eat healthier. And since they are naturally gluten free, this movement is especially helpful for anyone following the gluten-free diet. **GF**

Laurie Bushnell Steenwyk, R.D., is a dietician at the Margaret R. Pardee Hospital in Hendersonville, North Carolina. She specializes in celiac disease and the gluten-free diet. She previously wrote about fermented foods for Gluten-Free Living.

GF CONSUMERS HAVE TO CHOOSE CAREFULLY TO BE SURE MEALS ARE SAFE

BY MARY BETH SCHWEIGERT

MEAL-DELIVERY SERVICES EMPHASIZE CONVENIENCE



A Freshly meal

GYMOWNER and competitive athlete Christopher Gartrell doesn't have to avoid gluten. But several years ago, he began following the same gluten-free diet as a roommate who has celiac disease.

Gartrell says his athletic performance and body composition quickly improved. Overall he just felt better. The Tucson, Arizona, 28-year-old has followed a gluten-free diet ever since—but he doesn't always have time to shop for ingredients and cook healthy meals.

So Gartrell orders ready-to-eat meals from Freshly, a delivery service that offers everything from Turkey Lasagna with Roasted Pepper and Broccoli to Chicken Parmesan breaded with almond flour and served over zucchini noodles—all 100 percent gluten free.

"The food is just really convenient and really high quality for prepared meals," Gartrell says. "I don't have a lot of time. The food comes to my house, and it's fantastic."

Freshly is one of a growing number of companies that deliver fresh or frozen gluten-free meals directly to customers. The delivery services, which start at around \$10 a meal but may charge considerably more, aim to offer a convenient option for those who follow the gluten-free diet.

Some, including Freshly, follow stringent enough preparation practices to make them safe for those who have celiac disease, but others say outright they are not designed for consumers who have a medical need for the gluten-free diet. Instead, they are aimed at those who choose to eliminate

SOME MEAL DELIVERY SERVICES FOLLOW STRINGENT ENOUGH PREPARATION PRACTICES TO MAKE THEM SAFE FOR THOSE WHO HAVE CELIAC DISEASE.

gluten. (See story on page 35 for details on rules governing labeling of gluten-free meals.)

Like other meal-delivery services, Freshly caters especially to busy 30- to 55-year-old professionals who live mostly in urban or suburban areas, follow a gluten-free diet, and are starved for time but not necessarily money. Freshly co-founder Carter Comstock is well-acquainted with the challenges of eating gluten free: He has several family members with celiac disease and is sensitive to gluten himself.

"As a consumer, I know how difficult it can be to find great-tasting gluten-free meals, especially if you are not a creative cook," he says. "We target busy professionals [who] want to eat and live healthier and put a premium on convenience."

Gartrell orders 10 Freshly meals every week, with omelets and stir-fries among his favorites. He says the meal-delivery service costs about the same as what he might pay for healthy takeout, making it an affordable solution for people who don't have time to cook.

"As an athlete, food is fuel for me," Gartrell says. "I'm pretty busy. If I don't prep meals, I have to eat out...It's cost-effective if you look at it that way."

Many delivery services offer gluten-free dishes as part of meal plans that emphasize natural, wholesome ingredients and are designed to promote overall health—and, in many cases, weight loss. The market seems to be expanding almost daily: Earlier this year, music superstar Beyoncé announced that she and a business partner had launched 22 Days Nutri-

Freshly
co-founders
Carter
Comstock
and Michael
Wystrach

A variety of
breakfast
options from
Freshly



tion, a vegan meal-delivery service that's also gluten free. And 63-year-old frozen food delivery fixture Schwan's Home Service Inc. began loading its distinctive brown trucks with gluten-free pizza in 2014.

"The appeal of home delivery for gluten-free products is strong given the time [and] energy [required] to sometimes find gluten-free products that also taste great," says Chris Leising Sr., Schwan director of product innovation. "We can deliver all that to the consumer."

But Tricia Thompson, a Manchester, Massachusetts, registered dietitian and nutrition consultant who specializes in celiac disease, advises gluten-free consumers to be cautious about meal-delivery services. "Consumers with celiac disease should think about these services the same way they think about restaurants and ask the same questions," says Thompson, founder of the gluten-testing company Gluten Free Watchdog.

Delivery services that offer gluten-free meals that are not prepared in a dedicated kitchen and do not have gluten-free certification or third-party verification might be a better solution for people who choose to eat gluten free, rather than those who must follow a medically prescribed diet for celiac disease or gluten sensitivity, Thompson says.

Here's a look at some meal-delivery services that make a gluten-free claim.

► FRESHLY

Gluten isn't the only ingredient missing from Freshly's meals. The Tempe, Arizona, company, which launched in February, favors high-quality proteins, healthy fats and low-glycemic carbohydrates over processed ingredients, sugars and artificial sweeteners, Comstock says.

"We want to replace the artificial products that oversaturate the American diet with the real food we are meant to consume as fuel," he says. "We wanted to offer a product that was healthy, convenient and, most importantly, delicious."

On the menu: Freshly offers 34 menu items, with options for all three meals. Dishes range from a Broccoli and Asparagus Omelet to the Carnitas Burrito Bowl, Country "Fried" Chicken with Pureed Sweet Potato, Chicken Curry with Quinoa, and Chicken and Green Chile Mac and Cheese.

"Freshly Fit" options are designed to promote weight loss.

What it costs: Freshly's meals start at \$10.75. Total weekly cost ranges from \$69 to \$229, depending on the number of meals and deliveries. Shipping is free.

How it works: Freshly currently delivers to nine Western states (Arizona, California, Nevada, Colorado, Washington, Oregon, Idaho, Utah and New Mexico). Customers order online or by phone. Food is cooked and shipped on the same day and arrives in a refrigerated box via overnight or two-day shipping. Comstock hopes to offer delivery to the East Coast by late 2016.

Gluten-free specifics: Freshly's entire menu is gluten free, and all meals are cooked in a 100 percent gluten-free facility. The company is pursuing gluten-free certifications.

"Freshly's meals are naturally gluten-free," Comstock adds. "There are a lot of highly processed gluten-free products out there that are not necessarily healthy."

► FRESH N' LEAN

Los Angeles-based Fresh n' Lean, which has delivered gluten-free meals since 2010, uses organic, plant-based ingredients to create meals that are low in fat, salt, sugar and calories. "Avoiding gluten can be a challenge," Fresh n' Lean says on its website, freshnlean.com. "Our goal at Fresh n' Lean is to make maintaining your gluten-free diet easier than ever."

On the menu: Fresh n' Lean's menu changes weekly and includes options for all three meals. Recent offerings include Mixed Berry Chia Pudding, Roasted Sunflower Seed and Balsamic Cabbage Rice, and Kidney Bean Fajita Bowl.

What it costs: Meals, which start at \$9.33, are available a la carte or as part of a plan, with daily rates that range from \$14.99 for one meal to \$27.99 for three. Shipping is free, and meals for additional people in a customer's household are offered at a discounted rate.

How it works: Weekly delivery is available nationwide. Customers place their orders online, and meals are shipped fresh in specially designed coolers.

Gluten-free specifics: All Fresh n' Lean meals are 100 percent gluten free, a spokeswoman says, and are prepared in a gluten-free facility. "Our gluten-free meal-delivery service ... [provides] you with ready-prepared meals you know you can depend on," Fresh 'n Lean's website says. "We source all of the ingredients and save you the hassle, taking care every step of the way to ensure no gluten reaches your plate."

► FRESHOLOGY

Freshology, based in Southern California, delivers fresh, gourmet meals made from locally sourced, all-natural ingredients. Meals are created by a chef and nutritionist, and options include a gluten-free plan.

"We've designed our meal-delivery service for gluten intolerant and gluten sensitive customers to take the guess work out of finding delicious, nutritionally balanced meals," Freshology says on its website, freshology.com.

GF labeling rules for meals vary

Meals provided by delivery services fall under either Food and Drug Administration (FDA) or United States Department of Agriculture (USDA) rules, depending on the ingredients they contain.

Meals containing only grains, vegetables, fruit, seafood and other ingredients regulated by the FDA have to meet its requirements for use of the gluten-free label.

The FDA requires any product with a gluten-free label to contain less than 20 parts per million of gluten from all sources, including cross-contamination that results from using a kitchen that also processes food that contains gluten.

That means that a delivery service offering FDA-regulated meals "should not say something is gluten free and then say [it] is not safe for those with celiac disease," according to David Steigman, an FDA spokesman.

Meanwhile, meals that contain meat, poultry and processed eggs are under the jurisdiction of the USDA.

The USDA's Food Safety and Inspection Service does follow the FDA requirements for a gluten-free claim now that the FDA has published its rule defining the claim, a spokesperson said. The USDA considers "gluten free" to be a special statement that requires the food label to be submitted for approval to ensure that the product does not include gluten-containing ingredients.

Also, "an establishment producing product with this claim needs to have the necessary "in plant controls" in place to ensure the accuracy of the claim," according to the USDA. Those controls include steps to prevent cross-contamination.

However, the USDA does not regulate what companies say on their websites or in advertisements. As a result, it is possible for meal delivery companies to use disclaimers online that say the meals may not be safe for those who have celiac disease, according to the USDA.

On the menu: A daily gluten-free menu might include Baked Eggs, Mozzarella & Basil Puree (breakfast); Seared Tuna Nicoise Salad, Baby Spinach & Sherry Vinaigrette (lunch); and Pork Loin, Cauliflower & Dijon Balsamic (dinner).

What it costs: Freshology Gluten Free costs \$49.95 to \$54.95 per day, with three meals included. There is an additional charge for shipping.

How it works: Delivery is available nationwide. Customers place their orders online or by phone, and meals arrive fresh in a cooler.

Gluten-free specifics: To prevent cross-contamination, Freshology adheres to "strict food safety regulations, set forth by the United States Department of Agriculture," according to the website. However Freshology says, "our facility processes foods that contain gluten. We do not recommend our program for someone with celiac disease."

► HEALTHY CHEF CREATIONS

Healthy Chef Creations has delivered gluten-free meals nationwide for more than a decade. Nutrition coach Cara Fryxell says the Winter Park, Florida, company prepares its made-to-order meals from scratch, using only premium, organic and all-natural ingredients.

"Eating gluten-free can be costly and requires a lot of planning," she says. "Many people find it difficult to find the variety of gluten-free food they want....Healthy Chef Creations provides a delicious, easy and convenient way to follow a gluten-free diet...without getting tired of the same old foods."

On the menu: Healthy Chef Creations' menu changes weekly, with 10 to 20 entrée choices and side dishes offered for all three meals. Customers can order gluten-free dishes a la carte or as part of a meal plan, or work with Healthy Chef Creations to build their own customized gluten-free meal program.

"Healthy Chef Creations meals can be customized to each customer's individual food preferences and special dietary needs," Fryxell says. "It's like having a virtual personal chef."

What it costs: Prices vary based on order size, delivery method and other factors. Entrees start at \$9.99, and standard daily meal plans range from \$19.99 to \$59.99, with shipping included. Shipping for a la carte meals ranges from \$19.95 to \$59.95. Prices for custom meal programs vary, with quotes available by phone.

How it works: Customers place orders online or by phone. Chefs prepare meals to order, which are shipped overnight in insulated cooler boxes. Meals are delivered weekly, and arrive fresh and ready to heat and eat.

Gluten-free specifics: Healthy Chef Creations' facility is not certified gluten free. The company says on its website that it checks its ingredients for common allergens. However the website notes meals are prepared in a kitchen that also prepares meals containing potential allergens, and traces of those allergens may be found in ingredients received from suppliers.

► MAGICKITCHEN.COM

MagicKitchen.com began delivering frozen meals in 2005, adding gluten-free options two years later. Chief executive officer Greg Miller says recent public awareness has fueled significant demand for the company's steadily growing selection of gluten-free meals.

"The [gluten-free] meals are prepared in the same kitchen as other products," Miller says, noting that the company makes it clear its products are not certified as gluten free.

On the menu: MagicKitchen.com now offers 21 gluten-free menu items, including Crustless Spinach Quiche, Many Bean Soup, Chicken and Artichoke with Spinach, Panna Cotta, and a variety of potatoes and vegetables.

What it costs: Prices for two servings range from \$9.99 to \$24.99. Shipping costs vary based on weight and distance, but \$18 to \$20 is typical. Shipping is free for orders of \$125 or more that are placed every 30 days or less.

How it works: Customers can order meals online or by phone, with no minimums or contracts. Frozen meals are shipped to all 50 states from MagicKitchen.com's distribution center in Kansas City, Kansas. Orders

arrive within three business days in a reusable, recyclable Styrofoam container packed with dry ice.

Gluten-free specifics: MagicKitchen.com uses the “Safe Gluten-Free Food List” at Celiac.com to determine which products to list as gluten-free based on the ingredients they contain.

► PALEO ON THE GO

The Paleo diet emphasizes meats, seafood, healthy fats, vegetables and fruits. Paleo on the Go offers chef-prepared frozen meals that are gluten, grain and dairy free. “The theory is that by eating foods similar to that of our early ancestors, we can lead healthier lives and prevent many of the common diseases that plague modern culture,” the Largo, Florida, company says on its website, paleoonthego.com.

On the menu: Options for all three meals include Breakfast Egg Muffin with Bacon, Mushroom Bacon Stuffed Dijon Chicken, Butternut Squash Lasagna with Beef and Paleo Chili.

What it costs: Meal plans, which include 10 complete meals, one soup, one bone broth and two “paleo treats,” start at \$189.99. Quantity discounts and a la carte items are available. Individual entrees start at about \$10. Shipping starts at \$19.99 and is free for orders of \$299 or more in the contiguous United States only.

How it works: Delivery is available nationwide. Customers order online or by phone. Vacuum-sealed frozen meals are shipped with dry ice in thick coolers with an outer box.

Gluten-free specifics: “Our food is cooked in a shared kitchen [that] is not...dedicated gluten-free,” Paleo on the Go says on its website. “However, we use every precaution to avoid cross-contamination, including: using our own equipment, utensils [and] area. This will be the case as we build out our new, dedicated gluten-free facility.”

► SCHWAN'S

Marshall, Minnesota-based Schwan's has steadily expanded its selection for people on special diets, adding gluten-free pizza in 2014 and more gluten-free items last January.

**Schwan added
gluten-free pizza
to their home
delivery in 2014.**

“Schwan's Home Service is constantly searching for new ways to help busy families enjoy mealtime together,” Leising says. “As awareness grows of our consumers' special dietary needs, so does the effort to expand our offerings to meet those needs.”

On the menu: Schwan's gluten-free items include 4 Cheese and Signature Pepperoni Pizza, breaded chicken, brownie bites, white sandwich bread and blueberry streusel muffins.

What it costs: Prices range from \$7.99 and \$8.99 for gluten-free baked goods to \$13.99 for 11-inch pizzas and \$14.99 for breaded chicken. Shipping costs vary based on order size and delivery method.

How it works: Schwan's customers order online or over the phone and receive their orders via personal delivery to their door or through the mail. If the customer won't be home for a delivery, the order arrives in a cooler packed with dry ice. There are no membership fees, and deliveries generally come every two weeks.

Gluten-free specifics: Schwan's gluten-free foods are certified by the Celiac Support Association, which “requires foods to have less than five parts per million [of gluten], a more stringent requirement than the [Food and Drug Administration],” Leising says. Schwan's also offers a separate “No Gluten Ingredient” list of 87 products made without the grains that contain gluten—wheat, rye and barley—as wells as oats. These products—which include guacamole, hash browns, pulled pork, pot roast, tamales and vanilla ice cream—are not certified by a third party and don't make a gluten-free claim.

► 22 DAYS NUTRITION

22 Days Nutrition delivers 100 percent plant-based, organic meals that are also free of gluten, dairy, soy and genetically modified organisms (GMOs). “Expect a variety of beans, vegetables, grains, nuts, seeds and delectable herbs and spices,” the company says on its website, 22daysnutrition.com.

On the menu: 22 Days offers a rotating menu. Daily options might include Hearty Granola and Almond Berry Breakfast Loaf for breakfast, and Southern Black Beans and Vegetables and Curried Fried Rice with Vegetables for lunch or dinner.

What it costs: Prices start at \$9.24 to \$14.85 per meal, depending on the plan selected. Weekly shipping costs \$9.95 to \$19.95.

How it works: Delivery is available anywhere in the continental United States. Customers order online or by phone. Meals are shipped overnight and delivered fresh in an insulated cooler on Fridays.

Gluten-free specifics: “All of our meals are 100 percent gluten-free,” 22 Days says on its website. “And you won't find ‘gluten-free’ alternatives in our meals, things like potato starch or tapioca flour. Instead, we focus on real, clean whole foods that are naturally gluten-free. We find that this is a more digestible and satisfying way to avoid gluten.” **GF**

Mary Beth Schweigert is a regular contributor to Gluten-Free Living. She last wrote about weight loss and the gluten-free diet. She lives in Lancaster, Pennsylvania.



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By Mary Beth Schweigert

BONE

UP ON

A NEW

TREND

SLOW-COOKED BROTH GAINING IN POPULARITY



Jenna Drew describes her childhood as a “revolving door” of chronic illness.

Whether she was sick with bronchitis, a fever, migraine, stomach ailment or just plain tired, one thing always made her feel better: chicken soup.

Drew, a certified fitness coach and personal chef in New York City, was diagnosed with celiac disease as a young adult. Now one of her go-to foods—both for herself and her clients—is bone broth, a souped-up version of the piping hot cup of comfort that never failed to soothe her as a child.

Bone broth is the nutrient-rich liquid that results from slow-cooking or simmering animal bones in water for up to 24 to 48 hours. A growing number of fans, including chefs, nutritionists and professional athletes, say bone broth contains minerals and protein that promote

digestive health, bolster the immune system and strengthen joints, among other benefits. It's also naturally gluten free.

“Typically during the fall and winter months, I have bone broth on a daily basis,” Drew says. “I’ve noticed healthier skin, tougher nails, less overall inflammation and reduced leaky gut symptoms, like brain fog.”

Drew also happens to love bone broth's distinctive rich taste.

As cold and flu season approaches, Drew isn't the only believer in bone broth's ability to heal. Melinda Dennis, R.D., nutrition coordinator of the Celiac Center, Beth Israel Deaconess Medical Center, Boston, features bone broth prominently at her Delete the Wheat gluten-free wellness retreats. Consuming bone broth is a nourishing way to offer a nutrient-packed food source to the small intestine and the body, she says.

“Bone broth offers many minerals—calcium, phosphorus, magnesium, silicon and sulfur and trace minerals in a way the body can easily use,” Dennis says. “It is also high in glycine, a protein, which is very soothing to the brain.”

EASY AND POPULAR

Home cooks can assemble bone broth quickly in a slow cooker with just a few basic ingredients: the animal carcass, water, vegetables and seasonings. The broth can serve as a base for soups, stews and gravies, but Drew and many other broth believers sip steaming mugs unadorned, as a meal, snack or a.m. eye-opener.

Bone broth has been called “the new coffee” by Epicurious.com. Restaurants in larger metropolitan areas sell the hearty hot beverage to go, much like a standard cup of Joe. Fans who line up at Brodo's New York City takeout window pay up to \$9 for a cup of bone broth, which the restaurant bills as “the world's first comfort food.” Brodo notes that all of its broths are gluten free. Other companies, including The Brothery in California—the

Bone Broth

Ingredients

- 3 to 4 pounds chicken bones and cartilage, or a whole chicken
- 1 to 2 large carrots, roughly chopped
- 2 large celery ribs, roughly chopped
- 1 large onion, roughly chopped
- 2 bay leaves
- Spices of your choice
- Filtered water, to cover
- 2 tablespoons raw apple cider vinegar
- Salt and pepper, to taste

Directions

Add bones or whole chicken to a slow cooker. Add vegetables, bay leaves and any other spices. Fill the slow cooker with filtered water until it covers the chicken bones or whole chicken. Add vinegar. Cook on low for at least 24 to 40 hours. Strain bones, vegetables and spices from broth. Add salt and pepper. Store broth in glass Mason jars. Refrigerate or freeze leftovers.

Recipe by Jenna Drew, a certified fitness coach and personal chef in New York.

lucky owner of the domain name bon-broth.com—deliver bone broth straight to regular customers' doors.

Bone broth's high-profile fans reportedly range from NFL quarterbacks to mixed martial arts fighters. ESPN.com reports that Los Angeles Lakers star Kobe Bryant drinks bone broth every day to increase energy and reduce inflammation.

THE NEW KALE?

Kaayla T. Daniel, co-author of *Nourishing Broth: An Old-Fashioned Remedy for the Modern World*, says bone broth isn't just a fad. Daniel, who has a doctorate in nutritional sciences and certification from the International and American Associations of Clinical Nutritionists, says people all over the world have used similar techniques and ingredients to make broth literally since the Stone Age. The use of soups and “meat teas” for health and healing also is universal, she says, with historical figures from Hippocrates to Florence Nightingale espousing broth's healing powers.

“The news media is calling broth ‘the new kale’ and ‘the new juice,’ but...if it's a fad, it's the oldest ‘fad’ ever,” Daniel says. “[Broth] went out of fashion for a while, with the advent of processed, packaged and fast foods. [But] it's always been valued by gourmet cooks.

Julia Child, for example, always kept her stockpot going.”

Now broth is back, in a big way. Daniel chalks up bone broth's current moment in the sun to the “real food,” “whole food” and “slow food” movements, as well as “nose-to-tail eating,” popularized by Fergus Henderson in London. Bone broth is a staple of the popular Paleo diet, whose creators consider it a “nutrient-rich superfood.”

“People who go gluten free because of celiac disease or gluten sensitivity are almost always in need of gut healing,” Daniel says. “I can't think of any food more healing to the gut than old-fashioned bone broth.”

Depending on the circumstances, Dennis says she might recommend that people with celiac disease start with a few tablespoons of bone broth, increasing as tolerated to several cups per day. Like anything else, bone broth is best consumed in moderation, she adds.

“When one of my patients is ill—losing weight, not tolerating many foods and finding it difficult to stomach solid foods in general—I may suggest the short-term use of bone broth...to help them over the rough patch,” Dennis says. “In some cases, it is one of the few foods someone can tolerate, and they build up their diet from there with well-cooked rice, vegetables and small amounts of protein.”

ALL IT'S COOKED UP TO BE?

Amy Jones, R.D., who chairs the Dietitians in Gluten Intolerance Diseases practice group for the Academy of Nutrition and Dietetics, generally takes a more cautious approach to bone broth.

The use of soups and “meat teas” for health and healing also is universal, with historical figures from Hippocrates to Florence Nightingale espousing broth’s healing powers.

“There’s no hard evidence that it helps leaky gut or inflammation,” she says. “There just isn’t a lot of research behind it.”

Jones points to a small 2012 study from the United Kingdom, which found a much higher lead concentration in bone broth than in tap water. A moderate amount of bone broth is probably safe, she says, but she’s uncomfortable recommending it to clients without more information on the nutritional benefits and lead content.

On the positive side, Jones says athletes in particular may benefit from the extra hydration, protein and small amount of sodium in bone broth. It’s also a nutritionally superior choice when compared to a high-calorie beverage, such as a full-fat latte. Making bone broth brings people back into the kitchen, which is always a good thing, she says, and adding vegetables can pump up its nutritional value.

“Bone broth is certainly a gluten-free choice, and we always want more of those,” Jones says. “If a person with celiac disease asked me, I would say it’s probably not going to hurt you. ...But don’t expect it to cure your immune system or heal your knee pain.” **GF**

Mary Beth Schweigert is a regular contributor to Gluten-Free Living. She last wrote about weight loss and the gluten-free diet. She lives in Lancaster, Pennsylvania

Editor’s note: Nutrition analysis of homemade bone broth is always difficult because it is hard to determine exactly how much of the ingredients’ nutrients are absorbed by the broth. The program we use for nutrition analysis in *Gluten-Free Living* was not able to give us sufficient information so we have not included nutrition analysis for the bone broth recipes.

Tips for making bone broth

BONE BROTH ISN’T DIFFICULT TO MAKE. IT JUST TAKES TIME.

Here’s some advice to help simplify broth-making.

Make it yourself. Store-bought broths usually contain higher amounts of sodium and other added ingredients. Plus, most people agree that homemade broth tastes better.

Follow a recipe. Making bone broth takes hours, so don’t wing it. To reap the most nutritional benefits, be sure to do it right.

Go natural. For the “cleanest” broth, start with organic vegetables and meat and bones from animals that are grass-fed and raised without antibiotics and hormones.

Take a hands-off approach. Whip up a batch of bone broth with a slow cooker. Just add a few basic ingredients, turn it on and you’re done.

Skim, strain and chill. Skim off the impurities that rise to the surface after the broth boils. Strain the finished broth, chill and remove excess fat from the top.

Think ahead. Save time by making one big batch of bone broth. Freeze small portions in ice-cube trays for later use.

Use the right proportions. If your broth lacks flavor, you may have added too few bones and too much water.

Thai Coconut Soup

Ingredients

- 1 quart bone broth
- 1 13.5 ounce can whole coconut milk
- Juice of 1-2 limes
- Pinch red pepper flakes
- Dash of fish sauce
- 1 teaspoon palm or coconut sugar
- Several bay leaves, chopped
- 1 teaspoon freshly grated ginger

Directions

Heat all ingredients slowly in a pan, mixing well with a whisk. When simmering, serve in mugs.

Recipe excerpted from Nourishing Broth by Sally Fallon Morell and Kaayla T. Daniel, PhD, CCN. © 2014 by Sally Fallon Morell and Kaayla T. Daniel, PhD, CCN. Reprinted by permission of Grand Central Publishing. All rights reserved.



Gluten-Free Table



- 
- A large, round, golden-brown pie sits on a white plate. The pie has a flaky crust and a thick, light-colored filling. A wooden-handled knife with a metal blade is positioned to the right of the pie, with a dollop of white cream on the blade.
- Sweet Deception
 - An Apple-Tizing Meal
 - Get Out of the Lunch Rut
 - Pick of the Patch
 - Quick and Easy Taco Pie
 - Play With Your Food



Sweet

DECEPTION

GLUTEN-FREE DESSERTS MADE WITH HEALTHIER INGREDIENTS ARE SURPRISINGLY LIGHT

There's no denying our love of desserts, despite all the current focus on health, wellness and weight loss. But I think we've all learned that moderation—and enjoying treats slowly—is key.

Happily when it comes to gluten-free baking, we can have our cake and eat it, too. It follows that desserts containing ingredients such as whole grain, stone-ground corn flour, almond meal, fresh eggs and dairy products, dark chocolate and minimal sugar can not only be light in texture and full of flavor but have a far better nutritional profile than most regular baked goods.

You might be surprised to learn that the dessert course as we know it began in England in the early 1700s with cloth-wrapped boiled puddings. These undeniably solid affairs, made with wheat flour, suet, dried fruit and spices, became so popular that a sweet dish served at the end of a meal eventually became known simply as “pudding.” Well fashions change. In today's Britain, “pudding” can turn out to be anything from a Christmas plum pudding to an apple tart, syllabub—a wine-flavored cream—or a lavish chocolate cake.

Needless to say, a lot of these “puddings” managed to immigrate to the United States in the form of recipes. American cookbooks from the 18th century list a dizzying array of sweet treats.

In that era the accomplished housewife's dessert repertoire was amazingly wide. She not only made all her own preserves and cordials, but also hand-churned ice creams and baked elaborate

BY
**JACQUELINE
MALLORCA**
PHOTOS BY
**MICHAEL
GRASSIA**

cakes and cookies, and, of course, bread for the household. True, she had help in the kitchen, but it was still a lot of work, especially in the kitchens of that day.

The labor-intensive cakes created back then—imagine beating 14 egg whites until stiff by hand—included recipes for every possible family occasion, from christening to funeral cakes.

In general cheesecakes, pies and tarts were made from recipes found in handwritten family manuscripts and the few English and American printed cookery books then available. The resourceful American cook made good use of local ingredients, a movement that's popular again today. Sweet potatoes, pecans, Concord grapes and pumpkins all found their way into her pies.

Today lemon meringue, pecan and pumpkin pies are usually open faced, while apple, peach and cherry are usually double-crust pies. Ironically, gluten-free pie dough is easier to make than the regular kind made with wheat flour. The lack of gluten makes the dough very forgiving as it doesn't toughen if over handled or shrink when baked. The secret is keeping the dough cold and rolling it out between sheets of plastic wrap for easier handling.

Similarly gluten-free flours blended with starch for optimal smoothness promote extra-light, tender cakes. There's a reason why professional pastry chefs seek out low-gluten cake flour. Cake flour without any gluten at all can give even better results.

The following classic and contemporary “puddings” can all be made successfully in your own kitchen. And no one will detect that they're gluten-free unless you choose to tell them.

Crisp Almond Macaroons (Amaretti)

MAKES 16

Toasted almonds give extra flavor to these crunchy, airy cookies.

Ingredients

- 1¼ cups (5 ounces) blanched, sliced and lightly toasted almonds, such as Trader Joe's
- 1 cup + 2 tablespoons (4½ ounces) confectioners' sugar
- ½ teaspoon almond extract
- ½ teaspoon grape seed oil
- 1 large egg white

Directions

Heat the oven to 300° F. Line a large baking sheet with baking parchment. Have ready a 1-inch spring-release ice cream scoop.

Combine the sliced almonds and confectioners' sugar in a food processor. Process to a powder, scraping down the bowl as needed, about 3 minutes. Add the almond extract and grape seed oil, and process until the mixture becomes very slightly oily and starts to clear the base of the bowl instead of looking powdery. Transfer to a mixing bowl.

Beat the egg white until stiff peaks form, using a lifted beater (the tips should not droop over). Mix and fold into the almond mixture until no white streaks show. Using the scoop, drop 1-inch half-spheres onto the baking sheet about 2 inches apart. Bake for 30 minutes, until light tan. Turn off the heat and let the cookies dry out in the oven for a further 30 minutes. Let cool completely on a rack. Store in an air-tight container.

Nutrition Analysis (per macaroon): 90 cal, 4.5 g fat, 0 mg chol, 0 mg sodium, 10 g carbs, 1 g fiber, 8 g sugar, 2 g protein.

ABOUT EGG WHITES...

When buying eggs, always check the expiration date. Fresh eggs will keep for about a month if refrigerated, but the whites lose elasticity as they age. For stiffly beaten egg whites that will hold firm peaks from a lifted beater, be sure to use fairly fresh eggs. If they're too near their use-by date, they won't mount up.



Apple Pie

SERVES 10

The expression “as American as apple pie” says it all.

Ingredients

- 6 to 8 (2¼ pounds) Fuji or Gala apples
- Grated zest and juice of 1 lemon
- ½ cup (2 ounces) golden raisins
- ¼ cup (2 ounces) white sugar + 2 teaspoons for glaze
- 3 tablespoons (1¾ ounces) white rice flour
- ½ teaspoon ground cinnamon
- Rich Cornmeal Pie Dough (recipe follows)
- 1 tablespoon (½ ounce) unsalted butter, cut in small cubes
- 1 egg yolk + ½ teaspoon water

Directions

Heat the oven to 425° F and heat a rimmed baking sheet at the same

time. Set out a 9-inch diameter pie pan.

Peel, halve and core the apples. Lay cut side down and cut into ½-inch thick slices. Transfer to a large bowl and add the lemon zest and juice. Stir the raisins, ¼ cup sugar, rice flour and cinnamon together and mix with the apples.

Unwrap the dough and rub with a little potato starch. Cut the dough into two sections, making one a little smaller than the other. Refrigerate the larger piece. Roll the smaller section into an 11-inch circle between two sheets of plastic wrap.

Peel off the top sheet of plastic and flop the dough into the pie pan. Remove the remaining plastic. Add the fruit, piling it up in the center, and dot with the butter.

Roll the remaining dough into a 12-inch circle. Lay on top of the apple filling. Seal the edges by

pressing with the tines of a fork and trim off any excess dough. Brush the top of the pie, but not the rim (or it may get too brown) with the egg wash, formed by beating yolk and water. Sprinkle with the remaining 2 teaspoons of sugar. Cut a few slits for steam to escape.

Place the pie pan on the baking sheet, which will catch any spills. Bake for 20 minutes, and then reduce the heat to 350° F. Bake for another 35 minutes or until the filling is tender when pierced through one of the slits with a knife blade and the crust is golden brown. Serve warm or at room temperature, not hot.

Nutrition Analysis: 360 cal, 14 g fat, 70 mg chol, 70 mg sodium, 55 g carbs, 4 g fiber, 23 g sugar, 3 g protein.

Rich Cornmeal Pie Dough

MAKES ONE 9-INCH DOUBLE CRUST OR TWO 9-INCH PIE SHELLS

Ingredients

- ½ cup (2½ ounces) medium grind whole-grain, stone-ground cornmeal, such as Bob's Red Mill
- 1⅓ cups (5 ounces) white rice flour
- ½ cup (2½ ounces) tapioca starch
- 1 tablespoon (½ ounce) white sugar
- ¼ teaspoon xanthan gum
- ¼ teaspoon fine sea salt
- 1¼ sticks (5 ounces) unsalted butter, cold, cut in small cubes
- 1 large egg, lightly beaten
- 2 teaspoons water, chilled

Directions

Grind the cornmeal in a food processor to make it finer. Add the rice flour, tapioca starch, sugar, xanthan gum and salt. Process to combine.

Add the butter and pulse briefly until it forms pea-sized lumps. Add the egg and water and pulse to make a ball of dough that barely clings together. If it doesn't, add a few more drops of water.

Turn out, crumbs and all, onto a sheet of plastic wrap. Using the wrap to help, pat together and form into a flat rectangle. Chill for 10 minutes. The dough is ready to use, or may be refrigerated for a few days or frozen for up to 1 month.



Almond-Orange Cake

SERVES 10

Easy to put together but impressively light and moist when baked, this contemporary dessert is dairy free, too.

Flour mix

Dry ingredients

- 2 cups (6 ounces) almond meal
- 1 ¼ cups (5 ounces) whole-grain, stone-ground corn flour; such as Bob's Red Mill
- 3 tablespoons (1 ½ ounces) potato starch
- 1 ½ teaspoons baking powder
- ½ teaspoon baking soda
- ¾ cup (5 ¾ ounces) white sugar
- ¼ teaspoon fine sea salt

Liquid ingredients

- 3 large eggs, at room temperature
- ½ cup + 2 tablespoons (5 ounces) grape seed oil, plus extra for pan
- ½ cup European-style 2% plain yogurt, such as Trader Joe's
- 1 teaspoon almond extract
- 1 medium orange
- Confectioners' sugar

Directions

Heat the oven to 325° F. Lightly oil the sides of a 9-inch round cake pan and line the bottom of the pan with baking parchment.

Combine the dry ingredients in a large bowl, blend well with a whisk, and set aside.

In a separate bowl, whisk the eggs to combine, then whisk in the oil, yogurt and almond extract. Finely grate the zest of the orange on top of the mixture. Add 2 tablespoons of juice from the orange and mix well.

Fold the liquid mix into the flour mix. Transfer the batter to the pan and smooth the top.

Bake for 45 to 50 minutes, until a toothpick inserted near the center emerges almost clean. Leave in the pan for 5 minutes before unmolding onto a rack. Let cool completely before dusting with confectioners' sugar

Nutrition Analysis: 380 cal, 24 g fat, 55 mg chol, 160 mg sodium, 37 g carbs, 4 g fiber, 19 g sugars, 7 g protein.



Syllabub

SERVES 6

Variations on this delightful cream and wine dessert have been popular for more than 500 years. Early versions recommend milking a cow straight into a bowl of cider, which must have been a bit of a challenge.

Ingredients

- 3 (1 ½ ounces total) crisp almond macaroons, recipe on page 43
- 4 tablespoons medium dry or sweet Spanish sherry
- 1 tablespoon brandy
- 6 tablespoons (3 ounces) white sugar, reduced to superfine in a clean coffee mill or food processor

- 1 teaspoon finely grated lemon zest
- ¼ teaspoon almond extract
- 1 ½ cups (12 ounces) heavy cream

Directions

Crush the macaroons into fine crumbs inside a plastic bag. Divide among 6 1-cup parfait or stemmed wine glasses and set aside. In a large bowl, combine the sherry, brandy, sugar, lemon zest and almond extract, and stir until the sugar dissolves. Pour in the cream and whisk only until lightly whipped. Pile the cream into the glasses. Chill for at least 2 hours before serving so the macaroon crumbs can soften.

Nutrition Analysis: 320 cal, 24 g fat, 80 mg chol, 140 mg sodium, 1 g fiber, 20 g sugars, 2 g protein.



Wemyss Castle Chocolate Cake

SERVES 8 TO 10

Adapted from a recipe in *Fortune Stanley's English Country House Cooking*, this velvety cake is baked at a low temperature to promote its fine texture.

Cake

Ingredients

- 6 ounces 60% dark chocolate, chopped
- $\frac{3}{4}$ cup (3 ounces) whole almond meal, such as Trader Joe's
- $1\frac{1}{2}$ sticks (6 ounces) unsalted butter, softened + extra for pan
- $\frac{1}{2}$ cup ($3\frac{3}{4}$ ounces) white sugar
- 5 large eggs, separated
- 3 tablespoons (1 ounce) white rice flour
- 2 tablespoons (1 ounce) potato starch
- $\frac{1}{8}$ teaspoon fine sea salt

Frosting

Ingredients

- $\frac{1}{2}$ cup (4 ounces) raspberry jam
- $\frac{1}{2}$ cup (4 ounces) heavy cream
- 1 tablespoon confectioners' sugar
- Fresh raspberries

Directions

Heat the oven to 300° F. Butter the sides of a 9-inch cake pan and line the bottom of the pan with baking parchment.

Melt the chocolate gently and let cool to tepid. Sift the almond meal onto a sheet of waxed paper and discard the bits of brown almond skin left in the sieve.

Beat the butter and sugar until creamy. Beat in the chocolate and egg yolks. Combine the rice flour, potato starch and salt, sift on top and stir in. Add the almond meal and stir in.

Using clean beaters, beat the egg whites to the soft peak stage (the tips should just droop over). Mix one third of the beaten egg whites into the batter to loosen it and fold in the rest.

Transfer the batter to the pan and smooth the top. Bake for about 40 minutes, until the cake shrinks away slightly from the sides of the pan and a toothpick inserted near the center comes out almost clean.

Let stand in the pan for 5 minutes before turning out onto a rack. Let cool completely, right side up.

To frost the cake: Melt the raspberry jam over low heat. Transfer to a fine sieve and holding it over the cake, press down on the jam with the back of a spoon. Discard the seeds. Spread the jam glaze to cover the top surface only. Let set at room temperature for 1 hour.

Beat the cream and confectioners' sugar until it holds its shape and pile over the jam. Swirl decoratively with a small spatula and decorate with fresh raspberries.

Nutrition Analysis: 450 cal, 31 g fat, 145 mg chol, 75 mg sodium, 37 g carbs, 28 g sugars, 7 g protein.

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The author of more than a dozen cookbooks, Gluten-Free Living Food Editor Jacqueline Mallorca's most recent titles include The Wheat-Free Cook and Gluten-Free Italian. For more recipes and information, visit her website at GlutenFreeExpert.com.

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AN APPLE-TIZING MEAL

FALL
BRINGS
A BOUNTY
OF APPLES,
GREAT FOR GF
COOKING

I spent my childhood in upstate New York, which is full-blown apple country in September. I was lucky to have at least 15 apple farms within a 10-mile radius.

Apple picking was always a weekly event, not something we did just once a year. Our extended family came in for the apple festivals, and we all had a blast spending weekends at the orchards.

To this day, I go apple picking a few times a year. Something about the crisp fall air and the juicy bite of an apple freshly picked off the tree is addictive to me. I spend weeks planning what I will make with the apples that I bring home and then make sure to pick the right types for my recipes.

The following recipes use a variety of apples, from Granny Smith to Honeycrisp to Empire. All apples are not identical, and each brings different characteristics to the table. But any kind of apple is fun to pick.



By Laura Hahn

Apple-Stuffed Chicken

SERVES 5

This recipe spices up a chicken dinner with sweet and savory notes.

Filling

Ingredients

- 1 tablespoon unsalted butter
- 1 Honeycrisp apple, chopped into small chunks
- ¼ cup white raisins
- ½ cup white or blush wine
- ¼ cup pecans, lightly chopped
- 1 teaspoon cinnamon
- ½ teaspoon salt
- 1 tablespoon brown sugar

Chicken with gravy

Ingredients

- 5 skinless, boneless chicken breasts
- 2 tablespoons olive oil
- 1 tablespoon smoked paprika
- 1 teaspoon chipotle powder
- 1 tablespoon Italian seasoning
- 1 teaspoon pepper
- Kitchen twine
- 1 tablespoon unsalted butter
- ½ cup white wine
- 1½ tablespoons cornstarch
- ½ cup water

Directions

To make the filling, melt the butter in a large saucepan over medium heat. Add the chopped apple and raisins. Cook for a few minutes over medium heat, until the apples start to soften, about 3 minutes. Add ¼ cup of the wine, pecans and cinnamon, and cook for a few more minutes. When the liquid reduces by half, add the remaining ¼ cup of wine, salt and brown sugar. Cook a few more minutes until most of the liquid is gone. Transfer the apple mixture into a bowl. Set the pan aside.

To prepare the chicken, gently pound the breasts with a cooking mallet or meat tenderizer to flatten them. Use a sharp knife to carefully butterfly each piece so that the meat can open and lay flat for filling. Place the chicken in a bowl and season with olive oil, paprika, chipotle powder, Italian seasoning and pepper. Coat the meat well with the seasoning blend.

Lay the seasoned, butterflied chicken on a large cutting board and evenly distribute the filling on each side. Carefully tie together each breast with cooking twine so that the filling is neatly sandwiched in the meat.

Melt the butter in the pan previously used for the filling. Add the chicken to the pan and brown each side for a few minutes over medium high heat.

Add the wine to the pan and cover. Cook the chicken for 20-25 minutes, turning occasionally. Make sure liquid remains in pan and add water if needed.

When the meat is fully cooked, remove it from pan. Leave the liquid in the pan and set the pan aside.

Place the chicken on a baking sheet and bake it for about 5 minutes. While the chicken is baking, make the gravy in the pan with the reserved liquid by adding the cornstarch and water and whisking well over medium low heat. Cook until gravy thickens.

Serve chicken whole or sliced and top with the gravy.

Cook's tip: To butterfly the chicken, use a sharp knife to slice the breasts horizontally, stopping just before the edge of the meat. Do not slice breasts in half. Open the breasts like a book, allowing meat to lie flat for filling.

Nutrition Analysis: 380 cal, 17 g fat, 100 mg chol, 290 mg sodium, 20 g carbs, 3 g fiber, 12 g sugar, 28 g protein.

APPLE OF YOUR EYE

Nearly 100 kinds of apples are grown in the United States, but only 15 make up 90 percent of national production, according to the U.S. Apple Association. Several are featured in these recipes. Here are details on each.

Empire

This apple was developed at Cornell University in the 1940s, with Red Delicious and McIntosh for parents, according to the New York Apple Association. It combines sweet and tart flavors and has a juicy, crisp, creamy white flesh.

BEST USES

- Excellent for eating and salads
- Good for sauces, baking, pies and freezing

AVAILABILITY

- September through August

Honeycrisp

Crisp is the operative word when it comes to this variety, which has been growing in popularity since its introduction in 1991 in Minnesota. The apples, which are being planted with increasing frequency in New York every year, are honey sweet, according to the New York apple group.

BEST USES

- Excellent for eating and salads
- Good for sauces, baking and pies

AVAILABILITY

- September through February

Granny Smith

This apple is easy to recognize by its spring green skin and crisp greenish-white flesh. Anne Smith found the first seedling on her property in Australia in the 1860s, according to the New England Apple Growers Association. The apple is thought to have descended from French crab apples Smith cultivated on her property, according to the Washington Apple Commission.

BEST USES

- Excellent for fresh eating
- Good for tart pies

AVAILABILITY

- year round, with harvest beginning in mid-October



PHOTO BY CHRISTINA GROGAN



Apple Carrot Ginger Soup

SERVES 4

Fall and soup are perfect mates. With fresh ingredients and a bit of creativity, you can turn any vegetable into a wonderful soup. This gluten- and dairy-free, vegan, Paleo recipe brings out the wonderful flavor of apples.

Ingredients

- 2 pounds carrots, cut into large rounds
- 2-inch piece of ginger, peeled and chopped
- 1 apple, peeled and sliced
- 1 tablespoon garam masala spice
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 14-ounce can coconut milk
- 28 ounces water
- 5 cardamom seeds, optional
- ½ cup unsweetened coconut flakes

Directions

Place the carrots, ginger and apple in a slow cooker. Add the garam masala, salt and pepper and stir to combine. Add the coconut milk and water. Add the cardamom seeds if using, stir and place the lid on top. Cook on low for 10 hours. Remove the cardamom seeds if used. Use a handheld food immersion blender to blend the soup in the slow cooker pot. Cook for an additional hour. Serve hot with a garnish of unsweetened coconut.

Cook's tip: *Epicurious* calls garam masala the "Indian equivalent of French herbes de Provence." It is a wonderful combination of ground cumin, coriander, cardamom, black pepper, cinnamon, cloves and nutmeg. It comes ready-made or you can mix your own.

Nutrition Analysis: 380 cal, 28 g fat, 0 mg chol, 760 mg sodium, 34 g carbs, 9 g fiber, 16 g sugar, 5 g protein.

PHOTO BY CHRISTINA GROGAN

Apple Canapés

MAKES ABOUT 28, DEPENDING ON THE SIZE OF THE APPLES

Ingredients

- 8 ounces soft goat cheese
- 2 tablespoons orange juice
- 1 lemon
- 2 Granny Smith apples
- ⅓ cup crushed candied pecans

Directions

Mix the cheese, orange juice and zest of lemon in a food processor. Place the mixture in the refrigerator to firm it up.

While the cheese is chilling, slice the apples into rounds and remove any seeds. Cut each round in half to make a crescent shape. Sprinkle the apple pieces with lemon juice to prevent them from turning brown.

Place a large spoonful of the cheese mixture on each apple piece and garnish with the pecans.

Nutrition Analysis (per canapé): 35 cal, 2.5 g fat, 5 mg chol, 45 mg sodium, 2 g carbs, 0 g fiber, 2 g sugar, 2 g protein.



PHOTO BY CHRISTINA GROGAN



PHOTO BY CHRISTINA GROGAN

Apple Butter Sundae

SERVES 4, WITH
PLENTY OF
LEFTOVER APPLE
BUTTER

Apple butter instantly brings fall to mind. I love the caramel-roasted-apple flavor cooked down into a smooth, buttery cream. Apple butter is perfect on pancakes, toast, sandwiches, pork chops and endless desserts. Making apple butter is easy and a great way to use apples from a day on the farm.

Apple butter
MAKES 2 CUPS

Ingredients

- 5 large Empire apples
- 2 teaspoons cinnamon
- Juice of 1 lemon

Sundae Ingredients

- 1 quart vanilla ice cream

- ½ cup apple butter
- 1 cup whipped cream
- 2 teaspoons cinnamon
- 8 tablespoons candied walnuts, crushed

Directions

To make the apple butter, cut the apples into sections, leaving the peels on to add color and depth to the apple butter. Place the apples in a large slow cooker. Add the cinnamon and lemon and mix. Cook on low for 6 hours. Remove the lid, stir lightly and the apple magically becomes a butter puree. Return the lid and cook for another few hours. Once the apple butter is a golden brown, similar to the color of apple cider, turn off the heat and allow it to cool. Put the apple

butter in a blender and blend until smooth. Apple butter can be preserved in jars for months or stored in the refrigerator for about 1 week.

To make the sundae, place the ice cream in 4 bowls, top each with 2 tablespoons of cooled apple butter; whipped cream, cinnamon and walnuts.

Cook's tip: The longer you cook the apple butter, the darker it will get and the stronger the apple flavor will become.

Nutrition Analysis:

400 cal, 20 g fat, 60 mg chol, 170 mg sodium, 52 g carbs, 4 g fiber, 42 g sugar, 6 g protein

Spiced Cider Cocktail

SERVES 1

As soon as the leaves start to change colors, spiked ciders start to appear on the menu. Here's an easy cocktail to make at home with or without alcohol. You can easily multiply the ingredients to increase the number of servings.

Ingredients

- 4 ounces ginger ale
- 4 ounces apple cider
- 2 ounces dark rum, optional
- Ice
- 1 cinnamon stick for garnish

Directions

Place the ginger ale, cider and rum, if using, in a large glass or shaker. Gently shake or stir. Serve drink over ice with a cinnamon stick garnish.

Nutrition Analysis: 100 cal, 0 g fat, 0 mg chol, 25 mg sodium, 26 g carbs, 26 g sugar, 0 g protein.



PHOTO BY CHRISTINA GROGAN

Laura Hahn, winner of Philadelphia's NBC's Next Local TV Chef competition, operates a restaurant consulting company. She recently published a gluten-free cookbook, *Around the World, One Gluten-Free Meal at a Time*, and blogs about gluten-free food at GuiltFreeFoodieCutie.com.

Get out of the lunch rut

Healthy, tasty recipes push
past the sandwich routine

IF YOUR TYPICAL LUNCH consists of a few slices of gluten-free deli meat between two slices of gluten-free bread, it's time to get out of the midday meal rut.

Wraps, salads complete with croutons, pasta and melts are not automatically off limits on the gluten-free diet with the tasty, fresh recipes that follow. Carrots blend with traditional chickpeas and tahini to make a tasty hummus that is spiced with garlic and cumin and spread on gluten-free tortillas.

Everything in the Kale Caesar Salad is homemade, including croutons spiced with herbes de Provence. Hearty eggplant, pesto and pine nuts form an out-of-the-ordinary sauce for a pasta lunch. Mozzarella cheese, roasted red pepper and baby spinach get sandwiched between gluten-free bread or rolls for a delicious meal.

The recipes are all packed with vegetables, with nary a slice of deli meat in sight. Still your stomach and your taste buds will be satisfied, and you'll be ready to get through the rest of your day.

**Recipes and photos by
Isadora Lassance**

Kale Caesar Salad with Herbed Croutons

SERVES 4

Herbed Croutons

Ingredients

- 2 cups gluten-free bread, ½- to 1-inch dice
- 1 ½ teaspoons olive oil
- Scant ½ teaspoon herbs de Provence
- 1 pinch salt

Caesar Dressing

Ingredients

- ½ cup raw, unsalted cashews, soaked overnight or boiled for 30 minutes
- ½ cup plus 2 tablespoons unsweetened almond milk or regular milk
- 3 tablespoons freshly grated Parmesan cheese
- 1 ½ teaspoons Dijon mustard
- 2 small cloves garlic, minced
- 1 tablespoon lemon juice
- 1 teaspoon apple cider vinegar
- Salt and black pepper

Salad

Ingredients

- 2 bunches of Lacinato kale
- ¼ cup Parmesan shards
- Crushed black pepper; optional, for topping

Directions

Preheat the oven to 375° F. Place the diced bread on a cookie sheet and drizzle with the olive oil and season with herbes de Provence and salt. Toss to coat and bake until bread is golden brown and toasted, about 10 minutes, flipping once. Set croutons aside.

Place all dressing ingredients into a blender and blend until mixture is combined and creamy, 2-3 minutes. Season with salt and pepper to taste.

Remove the ribs from the kale stalks and chop the kale into bite-size pieces. Divide the kale into 4 portions and top each with desired amount of dressing, croutons, Parmesan shards and crushed black pepper; if using.

Cook's tips: Parmesan shards are thin, triangular pieces cut from a wedge of parmesan cheese.

For the croutons, gluten-free bagels can be used instead of bread.

Nutrition Analysis: 220 cal, 13 g fat, 5 mg chol, 400 mg sodium, 18g carbs, 1 g fiber, 3 g sugar, 8 g protein.





Roasted Carrot Hummus Wraps

SERVES 4

Ingredients

- 2 large carrots, diced
- ½ teaspoon olive oil
- ⅛ teaspoon salt
- 1 pinch black pepper
- 1 15-ounce can (or 1½ cups) low-sodium chickpeas, drained and rinsed with liquid reserved
- ¼ cup tahini
- 1 garlic clove, minced
- Juice of ½ lemon, about 3 teaspoons
- ¼ teaspoon cumin
- ½ teaspoon salt

- 1 pinch cayenne pepper; to taste
- 4 gluten-free tortillas
- Lettuce, tomato, cucumber; optional, for topping

Directions

Preheat the oven to 400° F. Place diced carrots on a cookie sheet and drizzle with the olive oil and season with salt and pepper. Roast carrots until cooked through, 30-35 minutes. Let carrots cool for 10 minutes.

Put the roasted carrots along with the chickpeas, tahini,

Eggplant Pesto Pasta

SERVES 6-8

Ingredients

- 2 teaspoons olive oil
- 1 medium eggplant
- 1 teaspoon salt
- 1 pinch red pepper flakes
- 1 pound gluten-free rotini pasta
- ½ cup prepared pesto sauce, or more if desired
- ¼ cup toasted pine nuts
- Chopped basil for garnish

Directions

Heat a large pan over medium heat and add the olive oil. Cut the top off the eggplant and discard. Dice the eggplant into ½-inch pieces. Place diced eggplant into the pan and season with salt and crushed red pepper. Cook the eggplant until softened and browned, 10-15 minutes.

While the eggplant is cooking, cook the pasta according to package

directions. Drain pasta and return to the pot or a large bowl. Add the eggplant, pesto and pine nuts. Stir until combined. Garnish with the chopped basil. Serve warm or cold.

Nutrition Analysis:

310 cal, 12 g fat, 0 mg chol, 500 mg sodium, 49 g carbs, 4 g fiber, 2 g sugar, 6 g protein.



garlic, lemon juice, cumin, salt and cayenne in the bowl of a food processor and turn on. While the food processor is running, slowly add in the reserved chickpea liquid, about 3 tablespoons, until desired consistency is reached.

To assemble the wraps, spread the tortilla with $\frac{1}{4}$ of the roasted carrot hummus and top as desired.

Nutrition Analysis: 370 cal, 15 g fat, 0 mg chol, 860 mg sodium, 49 carbs, 11 g fiber, 9 g sugar, 13 g protein.



Roasted Red Pepper Caprese Melts

SERVES 4

Ingredients

- 4 teaspoons prepared pesto sauce
- 8 slices of gluten-free bread or 4 gluten-free hamburger buns
- $\frac{1}{2}$ cup prepared roasted red pepper slices, enough to fit on each sandwich
- 4 thick slices of mozzarella cheese, about 4 ounces if using fresh
- 1 heaping cup baby spinach leaves
- Olive oil or butter, if preparing in a skillet

Directions

Preheat the oven to 375° F.

To assemble the melt, spread about 1 teaspoon of pesto on the bottom slice of bread. Top with roasted red peppers, mozzarella cheese and a small handful of baby spinach leaves. Put the top piece of bread on and place in the oven until cheese is melted, about 10 minutes.

Alternatively the melts can be made on the stovetop by heating a skillet over medium heat and adding a small amount of oil or butter. Place the assembled sandwiches in the

skillet and cook until cheese is melted and bread is browned, about 3-5 minutes on each side.

Nutrition Analysis: 250 cal, 12 g fat, 20 mg chol, 430 mg sodium, 24 g carbs, 2 g fiber, 4 g sugar, 9 g protein.

Isadora Lassance lives in Tucson, Arizona, with her husband and their orange cat, Cheeto. A regular contributor to Gluten-Free Living, she also blogs about whole food and seasonal ingredients at shelikesfood.com.



Beyond GF

Pick of the Patch

**AN AUTUMN
STAPLE THAT'S
GOOD FOR
MORE THAN
JUST PIE**



Fall is the season for pumpkins. Though some people might only associate the bright orange fruit with the staple holiday pie or a fancy latte, it can be used in a variety of ways both sweet and savory.

Start your kids' school morning off right with a homemade dairy-, corn-, soy- and egg-free Pumpkin Toaster Pastry with cinnamon glaze. On the weekend, whip up some dairy-, nut- and soy-free Pumpkin Crepes. They're easy to make, and your kids will love adding toppings to create their own variation.

For dinner, try some vegan, egg- and dairy-free Creamy Pumpkin & Sage Pasta or get a little Thai inspiration with dairy-, soy-, refined sugar- and egg-free Pumpkin and Coconut Curry. For snack time or dessert, satisfy your sweet tooth with Spiced Pumpkin Chocolate Chip Oatmeal Cookies, which are dairy, soy and refined sugar free. Of course, all the recipes are gluten free, too.

Creamy Pumpkin & Sage Pasta

Ingredients

- 1 teaspoon coconut oil
- 1 yellow onion, chopped
- 3 cloves garlic, minced
- 1¾ cups cooked pumpkin puree or 1 15-ounce can pumpkin puree
- 1 cup almond milk
- 1 tablespoon minced fresh sage leaves
- 1½ teaspoons sea salt
- 1 pound gluten-free pasta
- Nutritional yeast, for garnish, optional

Directions

Melt the coconut oil in a skillet over medium heat. Add the onion and sauté until tender; 8-10 minutes. Add the garlic and sauté until fragrant, about 1 minute.

Transfer the onion and garlic mixture to a high-speed blender and add the pumpkin puree, almond milk, sage and salt. Blend until completely smooth and set aside.

Prepare the pasta according to the package directions, drain and return the pasta to the stockpot over medium heat.

Add the pumpkin sauce and stir well, until the pasta and sauce are hot. Serve immediately, with a sprinkling of nutritional yeast on top.

Nutrition Analysis: 310 cal, 3.5 g fat, 0 mg chol, 610 mg sodium, 67 g carbs, 5 g fiber, 3 g sugar, 6 g protein.

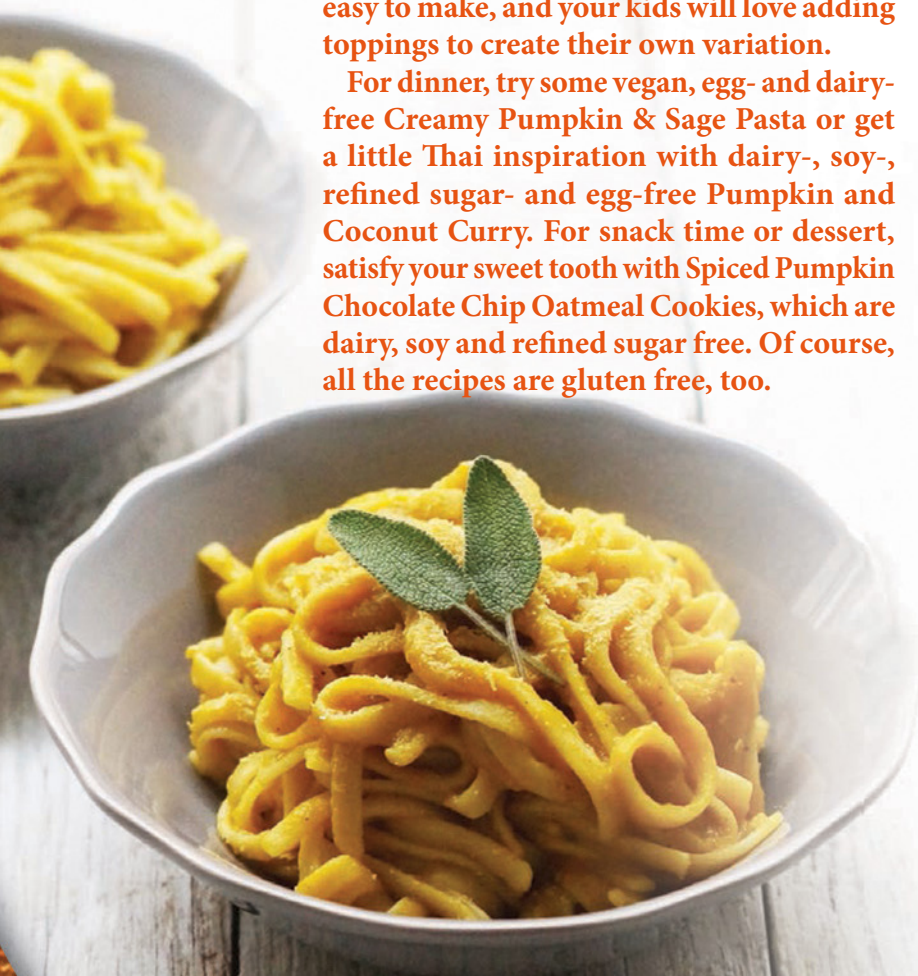
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Dairy free

Egg free

Refined Sugar free

Vegan



Pumpkin Toaster Pastry

SERVES 10 (3" X 4" PASTRIES)

Pastry dough

Ingredients

- 1/3 cup canned coconut milk, unsweetened
- 1/3 cup granulated sugar
- 1 3/4 cups brown rice flour
- 1/4 cup tapioca starch
- 1/4 cup potato starch
- 1/2 teaspoon sea salt*
- 1/2 teaspoon guar gum*
- 1/2 cup non-hydrogenated shortening, such as Spectrum

Pumpkin filling

Ingredients

- 1 cup canned or fresh pumpkin puree, unsweetened
- 1/3 cup light brown sugar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- pinch of ground cloves

Cinnamon glaze

Ingredients

- 1 cup corn-free powdered sugar*
- 1/2 teaspoon ground cinnamon

- 1-2 tablespoons canned coconut milk, unsweetened

Directions

For the dough, combine the coconut milk and granulated sugar. Stir briefly to dissolve sugar. Set aside.

In the bowl of an electric mixer fitted with the paddle attachment, place the flour, starches, salt, guar gum and shortening. Mix on low until the mixture resembles pea-sized crumbs.

Add the coconut milk/sugar mixture and mix on low for 2 minutes or until the mixture forms dough.

Turn the dough onto plastic wrap, knead with your hands a bit and flatten into a disk. Chill for 1 hour.

For the pumpkin filling, place all ingredients in a small bowl and mix until smooth.

In a separate small bowl, combine all of the ingredients for the cinnamon glaze and mix until smooth.

When the dough is chilled, preheat the oven to 350° F and line a sheet

pan with parchment.

Roll the dough out between 2 pieces of plastic wrap. The dough should be about a 1/16-inch thick.

Cut dough into 3-inch by 4-inch rectangles, using a ruler for accuracy. A round biscuit cutter is an easy shortcut, but rectangular shapes will yield the classic look of a toaster pastry.

Carefully transfer half of the cut shapes to the lined sheet pan. Spread with 1-2 tablespoons of the pumpkin filling, leaving a border around the edge.

Top the filled tarts with a matching piece of dough and crimp the edges with a fork to seal the contents.

Prick the dough on top to create steam vents.

Bake on center rack for 15-20 minutes. When the edges are just turning golden brown, remove from oven and cool on sheet pan.

When cool, top with glaze, allow glaze to set up, and then serve.

*Corn-free notes:

-Iodized salt contains dextrose, which is derived from corn, so select a natural sea salt when baking corn-free.

-Individuals with a corn allergy may be sensitive to xanthan gum. If you are not, feel free to use 1/2 teaspoon xanthan gum in place of the guar gum.

-Most commercial powdered sugar contains cornstarch, so look for a brand such as Wholesome Sweeteners, which uses tapioca starch instead.

Nutrition Analysis: 340 cal, 13 g fat, 0 mg chol, 125 mg sodium, 54 g carbs, 2 g fiber, 24 g sugar, 3 g protein.

Recipe by Terris Cleary, a graduate of the California Culinary Academy, who has celiac disease and whose son has multiple food allergies. She blogs about gluten-free, allergen-free recipes at freeeatsfood.com.

Dairy free

Soy free

Corn free

Egg free



Pumpkin Crepes

SERVES 4

Ingredients

- 1 ½ cups all-purpose gluten-free flour mix
- ½ teaspoon xanthan gum
- ½ teaspoon pumpkin pie spice
- 1 tablespoon sugar
- ½ teaspoon baking powder
- ½ teaspoon salt
- ½ cup pumpkin puree
- 1 ½ cups water
- 2 large eggs
- 2 tablespoons vegetable oil
- ½ teaspoon vanilla

Directions

In a small bowl, combine all dry ingredients.

In a larger bowl, combine all wet ingredients.

Combine the wet and dry ingredients, whisking until nearly smooth (a few lumps are all right).

In a hot frying pan at medium heat, pour ¾ cup of batter onto the middle of the pan. Lift the pan and turn it to distribute the batter over the entire bottom of the pan.

When little holes and air bubbles form in the top of the batter, use a spatula to carefully flip the crepe over and brown the other side. This does not take long.

Top with your favorite syrup and fresh fruit and sprinkle with sugar, or add any other toppings desired.

Cook's tips:

The following flour blend works well in this recipe: 4 cups superfine brown rice flour, 1 ⅓ cups potato starch, ⅔ cup tapioca starch. Combine all ingredients in a large zipper-top bag. Shake until well blended.

Add more milk if the batter is too thick to spread nicely across the pan.

Nutrition Analysis: 330 cal, 10 g fat, 95 mg chol, 340 mg sodium, 54 g carbs, 3 g fiber, 5 g sugar, 6 g protein.

Jeanine Friesen is a recipe developer and is the author of The Everything Guide to Living Gluten-Free. Her website, Faithfully Gluten Free, can be found at faithfullyglutenfree.com.

Dairy free

Soy free

Nut free



Spiced Pumpkin Chocolate Chip Oatmeal Cookies

MAKES ABOUT 3 DOZEN
SMALL COOKIES

Ingredients

- $\frac{3}{4}$ cup canned pumpkin purée
- $\frac{3}{4}$ cup coconut palm sugar
- $\frac{1}{3}$ cup plus 1 tablespoon extra-virgin olive oil
- 1 egg
- 1 egg yolk
- 1 $\frac{1}{2}$ teaspoons vanilla
- 1 cup gluten-free all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon baking soda

- $\frac{1}{2}$ teaspoon xanthan gum
- $\frac{1}{4}$ teaspoon ground cloves
- $\frac{1}{4}$ teaspoon sea salt
- $\frac{1}{2}$ cup gluten-free oats
- $\frac{1}{2}$ cup currants
- $\frac{1}{2}$ cup semisweet chocolate, mini chips or finely chopped

Directions

Preheat the oven to 325° F and line several baking sheets with parchment paper:

Combine the pumpkin, sugar, oil, egg, egg yolk and vanilla in a large mixing bowl. Whisk until smooth. In a smaller bowl, combine the flour,

baking powder, cinnamon, baking soda, xanthan gum, cloves and salt. Once blended, add the dry ingredients to the wet ingredients and mix until you no longer see dry spots.

Fold in the oats, currants and chocolate.

Use a small cookie scoop or spoon to shape balls of one generous tablespoon of dough onto the prepared baking sheets. They can be fairly close together because they don't spread.

Bake for 10-12 minutes, until cookies look dry on the surface. Remove from oven and allow cookies to

cool on the baking sheet for a few minutes before carefully transferring them to a cooling rack.

Nutrition Analysis (per

cookie): 80 cal, 4 g fat, 10 mg chol, 45 mg sodium, 11 g carbs, 1 g fiber, 7 g sugar, 1 g protein.

Valentina K. Wein is a whole foods recipe developer, food writer, photographer and owner of the popular food blog [Cooking on the Weekends](#).

Dairy free

Soy free

Refined Sugar free



Pumpkin and Coconut Curry

SERVES 4

Ingredients

- 1 pound fresh pumpkin, peeled and cut into medium chunks
- 2 cups water
- 1 green chili
- 3 pieces dried tamarind
- 1 teaspoon salt
- ½ cup grated coconut
- 2 teaspoons sunflower oil
- 3 shallots, sliced
- 6 fresh curry leaves

Directions

Place the pumpkin chunks in a large pot and cover with water. Add the green chili, tamarind and salt. Cover and cook until the pumpkin is soft.

In a mixer, blend the grated coconut with a small amount of water until a smooth paste is formed.

Once the pumpkin is soft, remove the pieces from the water, reserving the water in the pot. Mash the cooked pumpkin with a fork until smooth.

Return the pumpkin to the water. Add the coconut paste and cook on low for several minutes.

In another pan, heat oil over medium heat. Add the shallots and curry leaves, and stir fry until shallots turn golden brown.

Add the shallots and curry leaves to the pumpkin and coconut. Stir well and serve hot with rice or flatbread.

Nutrition Analysis: 110 cal, 6 g fat, 0 mg chol, 590 mg sodium, 16 g carbs, 3 g fiber, 7 g sugar, 2 g protein.

Tes Photchaman Yuphin travels the world with her husband and son, sharing recipes from her adventures and from her homeland of Thailand. She blogs at tesathome.com.

Dairy free

Soy free

Egg free

Refined Sugar free



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Spice up those leftovers

This recipe from *Cooking for Your Gluten-Free Teen: Everyday Foods the Whole Family Will Love* is a fast, weeknight-friendly version of the traditional Mexican dish, chilaquiles, a savory casserole featuring tortilla chips or leftover tortillas. The tortillas are cooked in a tomato-based sauce with shredded meat, usually leftover chicken or pork from the previous night's supper. Store-bought salsa ensures this dish comes together in a flash, but be sure to use a traditional tomato-based salsa, not one with corn, mango or other add-ins.



Taco Pie

Prep time: 25 minutes
SERVES 8

Ingredients

- 2 tablespoons canola oil
- ½ cup finely chopped green onions, white parts only
- 2 garlic cloves, minced
- 1 16-ounce jar mild or spicy tomato-based salsa
- 1 cup low-sodium chicken broth
- 8 ounces thick, restaurant-style yellow or white unsalted corn tortilla chips
- 1 ½ cups shredded cooked chicken or pork
- 1 cup grated mozzarella or Monterey Jack cheese
- ½ cup sour cream
- ¼ cup finely chopped green onions, green parts only, for garnish
- ¼ cup chopped fresh cilantro, for garnish

Directions

Heat the oil in a 12-inch skillet over medium heat. Add the white parts of the onions and garlic and cook, stirring, for 2 minutes or until translucent but not browned. Add the salsa and broth and cook, stirring, until the sauce comes to a boil, 5 to 10 minutes. Add the corn chips and stir to soften.

When the chips are slightly softened, add the chicken and the cheese and stir well. Cover and bring to a boil, shaking the pan occasionally.

Remove from the heat and let rest for 6 minutes. Uncover and dollop evenly with the sour cream. Sprinkle evenly with the green onions and cilantro, if desired. Serve with a large spoon.

Cook's tip: For a vegetarian version, substitute vegetable broth for the chicken broth and 2 drained, rinsed 15-ounce cans of black beans for the chicken or pork. To make this recipe dairy free, substitute casein-free, non-dairy mozzarella cheese for the dairy cheese and nondairy sour cream for the dairy sour cream.

Nutrition Analysis: 310 cal, 16 g fat, 45 mg chol, 540 mg sodium, 24 g carbs, 3 g fiber, 3 g sugar, 18 g protein.

From *Cooking for Your Gluten-Free Teen: Everyday Foods the Whole Family Will Love* by Carlyn Berghoff, Sarah Berghoff McClure, Dr. Suzanne P. Nelson, and Nancy Ross Ryan/Andrews McMeel Publishing, LLC 2013





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FUN HUMMUS WRAPS ARE ALSO HEALTHY

Recipe and Photos by Cara Reed

Back-to-school can be a rough season for parents and kids alike. The nights are cooler, darker and busier than those endless summer evenings with no homework or soccer practice on the horizon.

Although fall may signal a return to school and structure, that doesn't mean the season has to be so *serious*. These fun wraps let kids customize their dinner by creating their own silly faces out of sliced vegetables.

Don't be scared off by the homemade tortillas. They come together in a flash. If your kids want to get involved in the kitchen, the younger ones might need a grown-up to help them cook the tortillas, but they'll love helping to knead the dough and shape the tortillas. Best of all, the finished wraps look so colorful and fun, kids will never guess how healthy they are.



Silly Face Hummus Wraps

SERVES 4

Tortillas

Ingredients

- ¾ cup cassava flour
- ¼ teaspoon sea salt
- 2 tablespoons olive oil
- 6-8 tablespoons warm water

Silly face fillings

Ingredients

- ½ cup hummus
- lettuce
- shredded carrots
- small cucumbers, sliced
- olives, sliced
- cherry tomatoes, sliced
- cornichons
- peppercorns

Directions

Whisk together the cassava flour and sea salt. Add the oil and warm water until dough begins to form. The dough should not be dry or too wet and sticky. Knead the dough with your hands until smooth.

Divide into 2 balls and then divide each in half again so you have 4 dough balls.

Roll each dough ball between 2 pieces of parchment paper until very thin. If you want a nicer circle shape, trim the dough with a knife or use a tortilla press.

Heat a nonstick skillet over medium-high heat. Once the skillet is properly heated, add one tortilla. Wait for bubbles to form (should only take 30 seconds) and then flip over. Each side should be slightly browned. Be vigilant when cooking the tortillas. If they sit too long over high heat, they will

become crispy instead of soft and pliable.

Place each finished tortilla on a plate in stack, covering the stack with a towel to keep warm.

Spread 2 tablespoons of hummus on each tortilla. Layer with lettuce and shredded carrots. Fold the bottom half up 1 inch and roll the tortilla like a burrito, allowing some of the lettuce to stick out of the top to look like wacky hair. Keep the tortilla in place by using hummus as glue to seal the side.

Select sliced vegetables for eyes, nose, mouth, etc., and use hummus to glue them onto the wrap to create the silly faces.

***Cook's tips:** You can find cassava flour online. Ready-made soft, gluten-free tortillas can be used to speed up recipe preparation.

Nutrition Analysis:

210 cal, 10 g fat, 0 mg chol, 280 mg sodium, 28 g carbs, 4 g fiber, 2 g sugar, 3 g protein.

A Los Angeles native, Cara Reed is the creator of Fork & Beans, forkandbeans.com, where she shows people with food allergies that food can still be fun, creative and tasty. She is also the author of the cookbook Decadent Gluten-Free Vegan Baking.





THE WEIRD,
WONDERFUL
CITY CATERS
TO THOSE
WITH FOOD
ALLERGIES

GLUTEN FREE? NO PROBLEM IN PORTLAND

By Erin Smith

PICTURE A CITY that is home to the world's smallest park measuring just 452 square inches, the world's largest annual naked bike ride with more than 13,000 riders, a dormant volcano within its limits and a bookstore that takes up an entire city block.

Now, add a slew of gluten-free restaurants, bakeries and food carts mixed with the relaxed attitude of the beautiful Pacific Northwest.

What you'll have is Portland, Oregon, and some sense of why the city's unofficial motto is "Keep Portland Weird."

I've traveled to Portland repeatedly in the past three years, so I've had the personal pleasure of experiencing the quirkiness and gluten-free accessibility of the city.

The eccentric side of Portland is satirically portrayed in the television show *Portlandia*. The bicycle-obsessed, fusion-food-loving, feminist-bookstore-owning hipster characters have garnered Emmy and Peabody awards for the show. Special diets had their day in an episode that featured a tongue-in-cheek Allergy Pride Parade.

Luckily real-life Portland takes gluten-free dining seriously, from upscale restaurants to homey bakeries to trendy food carts. Locals and visitors describe Portland as a "gluten-free nirvana."

"If I could pick a place to live a gluten-free lifestyle, it would without a doubt be Portland," says Samantha Brody, a licensed naturopathic physician and founder of Evergreen Natural Health Center in Portland. Originally from Connecticut, Brody travels frequently and says Portland is "ahead of the curve with most things food- and health-related, including ethically raised meats, farm-to-table products and gluten-free food and general knowledge about the lifestyle."

The city of slightly more than 600,000 residents has about two dozen completely gluten-free restaurants, bakeries and food carts. Brody adds that the "influx of amazing chefs into Portland [who] are looking for a more interesting food scene" has also led to the creation of many restaurants "willing to bend over backwards to accommodate" the gluten-free customer.

Gluten-free blogger Annie Proctor moved to Portland after she visited and fell in love with its gluten-free atmosphere. "Portland has quickly become a very allergy-friendly city and many places are very knowledgeable about celiac disease, gluten intolerance and most dietary restrictions," says Proctor,

Portland features the natural beauty of the Pacific Northwest.



Fresh foods are abundant in Portland's farmers' markets.



The Brooklyn House Restaurant features farm-fresh, gluten-free meals.



who writes about being gluten free at Annie's Gluten Free Grub and highlights her favorite gluten-free businesses and recipes on her Instagram account.

Dining in Portland

Overall Portland has emerged in recent years as a city with a thriving food scene. Chefs and culinary students with a desire to explore farm-to-fork techniques and locally produced food flock to Portland with an open mind and a desire to provide delicious dishes. Gluten-free diners benefit from the fresh ideas and cooking styles these innovative chefs bring with them.

Dedicated gluten-free bakeries, restaurants and a relatively rare completely gluten-free brewery form an integral part of the dining scene. Many of the gluten-free restaurants in the city grew out of an owner or chef's personal interest in gluten-free food. From there, others have embraced the challenge of accommodating dietary requests in their establishments.

The Brooklyn House Restaurant, one completely gluten-free dining spot, opened in Southeast Portland in 2013. Co-owners Erica Litzner and Lisa Samuels and Chef Matt Wells knew before opening they wanted to stay away from any gluten. They also decided to make the restaurant peanut and soy free to accommodate a larger customer base.

Litzner says she and her colleagues hope to take away the intense fear of cross-contamination felt by those with special diets as well as "offer support, compassion and an empathic ear" to their customers from around the country.

The menu at Brooklyn House is farm-fresh and changes every few weeks, featuring items such as seasonal greens and vegetables, line-caught Or-

Portland has the most bicyclists per capita in the United States.



Luckily real-life Portland takes gluten-free dining seriously, from upscale restaurants to homey bakeries to trendy food carts.

regon Albacore tuna and even local duck eggs. The restaurant tries to accommodate multiple dietary requests including gluten-free, dairy-free, vegan, low-FODMAP and special-carbohydrate diets with its rotating menu.

If you are a fan of fish, one of the three Corbett Fish House restaurants is the perfect place to dine in Portland. All three locations bring the Midwest tradition of fried fish to the Pacific Northwest. The original Southwest Portland location was so popular with the locals that the Corbett Fish House soon



Fresh gluten-free pastries rotate daily at Kyra's Bake Shop.

expanded to a second location in the Southeast part of the city. A third location is just over the Oregon border in East Vancouver, Washington.

Great Lakes perch, local bay shrimp, Alaskan salmon, cod and halibut are specialties, as are onion rings and French fries made in dedicated gluten-free fryers. The only gluten-containing items in the restaurants are sealed packets of oyster crackers for soup, malt vinegar in bottles brought to the table only on request and the beer on tap. The kitchens are gluten free. Gluten-free beer and cider are available in bottles, and gluten-free cider is on tap.

Food on the go

Food carts are a way of life in Portland with 600 to 700 carts operating throughout the city. Often parked in clusters, known locally as pods, the food carts draw long lines at the mid-day lunch rush and late into the night depending on the cart and the neighborhood where it's parked. Portland's food cart reputation is so positive that in 2010 *Budget Travel* named Portland as the city with the world's best street food.

In April 2015, Leland Chazen and Linus Binns opened Sugardoodle's, a naturally grain-free, gluten-free and vegan food cart serving sweet treats. Everything served is made to order and is also corn, nut and soy free. "Our flavors and textures are definitely not compromised," Chazen says. The duo serves frozen and fried treats such as banana-based soft serve and mini donuts. They say their goal was to create "a space where people could come with all types of diets and find some of their favorite treats without fear of fillers, additives or allergens." Over time, Chazen and Binns plan to add to the menu and extend their hours.

The GF Chef Food Cart lives up to its name as a dedicated gluten-free operation that serves American comfort food, including sweet and savory waffles, biscuits, grilled cheese sandwiches and hush puppies. The biscuits, waffles, pancakes and chicken coating were so popular with regular customers that GF Chef launched an online store in 2014. The food cart, located in the Rose City Food Park in Northeast Portland, is open six days a week and should be on any gluten-free itinerary. You'll find many other carts offering gluten-free items at the food parks.

Cheers to beers

Portland is also well known for craft-brewed beers, with more than 90 breweries in the metro area, according to the Oregon Brewers Guild, a non-profit or-

→Where to eat

The Brooklyn House Restaurant

3131 SE 12th Ave., Portland, OR 97202

brooklynhouserestaurant.com

Editor's note: Just as we were going to press, Brooklyn House Restaurant was damaged in a fire and had to temporarily close. The owners said at the time that they expected it to be reopened by fall.

Corbett Fish House

5901 SW Corbett Ave., Portland, OR 97239

Corbett Fish House, 4343 SE Hawthorne Blvd., Portland, OR 97215

corbettfishhouse.com

Sugardoodle's

1477 NE Alberta St., Portland, OR 97214

sugardoodlespdx.com

GF Chef Food Cart

5221 NE Sandy Blvd., Portland, OR 97213

gfchefpdx.com

Ground Breaker Brewery and Gastropub

2030 SE 7th St., Portland, OR 97214

groundbreakerbrewing.com

→Gluten-free bakeries

Kyra's Bake Shop

599 A Avenue, Lake Oswego, OR 97034

kyrasbakeshop.com

Petunia's Pies & Pastries

610 SW 12th Ave., Portland, OR 97205

petuniaspiesandpastries.com

Tula Gluten Free Bakery & Cafe

4943 NE Martin Luther King Jr. Blvd., Portland, OR 97211

tulabaking.com

New Cascadia Traditional Bakery

1700 SE 6th Ave., Portland, OR 97214

newcascadiatraditional.com

Back to Eden Bakery

2217 NE Alberta St., Portland, OR 97211

backtoedenbakery.com

Gluten-Free Gem

265 N. Hancock St. #105, Portland, OR 97227

glutenfreegem.com

→What to do

Mill Ends Park (World's Smallest Park)

SW Taylor St. at SW Naito Pkwy., Portland, OR 97204

Portland World Naked Bike Ride

Annual ride in June

pdxwnbr.org

Oregon Zoo

4001 SW Canyon Rd., Portland, OR 97221

oregonzoo.org

Powell's City of Books

1005 W. Burnside St., Portland, OR 97209

powells.com

Bob's Red Mill World Headquarters Mill Tour

13521 SE Pheasant Ct., Milwaukie, OR 97222

bobsredmill.com

Fork Town Food Tour

forktownfoodtoursportland.com

Oregon Museum of Science and Industry (OMSI)

1945 SE Water Ave., Portland, OR 97214

omsi.edu

→Getting around Portland

TriMet

trimet.org

Portland Streetcar

portlandstreetcar.org

Portland bicycle rental information

portlandoregon.gov/transportation/article/71974



ganization that promotes the state's brewing industry. And gluten-free imbibers can fully participate in the beer culture of Portland at one of the local craft breweries.

Ground Breaker Brewing owner James Neumeister started dabbling in gluten-free beer as a home brewer after a friend was diagnosed with celiac disease. Neumeister says he thought it was tragic that people were missing out on the craft beer experience because of celiac disease. Today Ground Breaker is the only dedicated 100 percent gluten-free brewery and gastropub in the Western United States.

Ground Breaker beers are made from roasted lentils and come in a variety of year-round and seasonal flavors. The Ground Breaker Gastropub opened in 2013 because of Neumeister's love of "seeing people relax and enjoy themselves over [the] course of a meal." The gastropub is located in Southeast Portland next to the brewery so visitors can sample the Ground Breaker lineup of beers while enjoying a completely gluten-free menu.

A sweet tooth

Gluten-free desserts are bountiful in Portland. Petunia's Pies & Pastries, Tula Gluten Free Bakery & Cafe, New Cascadia Traditional Bakery and Back to Eden Bakery are just a few of the dedicated gluten-free bakeries turning out artisan breads, pastries, pies, cakes and more.

At New Cascadia you can also order from a rotating lunch menu that includes sandwiches and pizza. "We strive to make a baguette that has a true crust and crumb, a bagel that is boiled and can be held to the standards of good taste, no matter that it is made without gluten," the bakery's website says.

In neighboring Lake Oswego, Kyra Bussanich opened her original gluten-free bakery in 2009. Living with Crohn's disease and gluten sensitivity Bussanich wanted to create high-quality, gluten-free food in a dedicated facility. Kyra's Bake Shop moved around the corner in

late 2014, expanding both the shop and the menu.

Bussanich enjoyed her gluten-free cinnamon rolls and cupcakes, but says she did not feel good if she ate "only sugar all day long." Recognizing the same might be true for customers, she added soups, salads, quiche, sandwiches and more to the menu at the new shop, where her personal favorite is the B.L.A.T. sandwich made with avocado aioli, bacon, tomato and lettuce on house-made gluten-free bread. Save room for dessert at Kyra's Bake Shop, where the freshly baked pastries rotate daily.

Shopping

Shopping for gluten-free food during your trip to Portland is a breeze with a long list of farmers markets, natural and locally sourced food markets and supermarkets throughout the city.

The city's most famous market is the year-round Portland Farmers Market, which runs every Saturday morning on the campus of Portland State University. More than 200 vendors come and go throughout the year, including gluten-free vendors such as Happy Campers Gluten-Free, Eatin' Alive and New Cascadia.

Petunia's Pies and Pastries got its start at the farmers market, and even after opening its brick-and-mortar location, it continues to sell gluten-free baked goods at the popular weekly market.

While browsing the Portland Farmers Market, be sure to bring your own reusable bags and fill them with the abundance of naturally gluten-free local produce, meats, cheeses, chocolates and more.

New Seasons Market, a Portland supermarket chain, gives gluten-free shoppers high priority. Nutritionist Kayla Petersen says staff nutritionists lead classes and tours related to gluten-free diets at most of the locations. Portland-area visitors who contact the store can get information on what's available in advance by email, Petersen says. Ten New Seasons Market stores are in the city of Portland, and six more are within easy driving distance.



The Oregon Museum of Science and Industry is home to the USS Blueback submarine.

Family fun activities

While you're certain to find your fill of gluten-free goodness in Portland, the city is about more than food, with plenty of activities to take up your time between meals.

The Oregon Museum of Science and Industry is a fun destination for kids and adults. It features five unique exhibit halls with eight hands-on science labs. The museum is also home to the Kendall Planetarium, the Empirical Theater, the USS Blueback submarine and many rotating exhibits. Located on the east bank of the Willamette River, it's easily accessible by foot, public transportation or car.

If you are hungry during your visit, the on-site Theory eatery offers gluten-free options. Executive Chef Ryan Morgan says the staff does its best to avoid cross-contamination when handling gluten-free requests. "Employees remove their gloves, wash their hands, and make sure to use a new cutting board when a [gluten-free] sandwich order is received," he says. The Theory menu changes eight times a year, so be sure to speak with the management about current gluten-free options during your trip.

The 64-acre Oregon Zoo offers visitors an up-close look at 2,200 individual animals, including 260 species of birds, mammals, reptiles, amphibians and invertebrates, according to TravelPortland.com. Gluten-free buns and breads for sandwiches are available at concession stands throughout the zoo, but there are no dedicated gluten-free kitchens. Visitors are also permitted to bring their own food and drink into the zoo.

If you love books or are looking for something to do on a rainy day, be sure to stop into Powell's City of Books. This independent bookstore fills a whole city block with more than a million new, used and out of print books. Plan on getting lost for hours in the endless shelves as you explore the more than 3,000 sections of the flagship store in the Pearl District of downtown Portland. It's open 365 days a year.

Getting around Portland

From the moment you arrive at Portland International Airport, you can easily get around the city via public transportation. The TriMet MAX Light Rail System red line brings you right to City Center in the heart of downtown Portland.

The MAX also connects the city of Portland with neighboring North Portland, Hillsboro, Gresham, Clackamas and Beaverton. Trains usually run every fifteen minutes, with less-frequent trains in early morning hours and late at night. If you plan on traveling around Portland for a few days via public transportation, a book of five-day passes for \$25 is your most economical choice.

The Portland Streetcar runs on weekdays from 5:30 a.m. to 11:30 p.m. and from 7:30 a.m. to 11:30 p.m. on Saturday, though service ends earlier on Sundays. TriMet day passes can be used on the Streetcar or you can purchase a Streetcar-only fare for \$1.00.

A quick look around Portland confirms that it is a city of bicycles. Portland has the most bicyclists per capita in the country, more than 318 miles of bike lanes, and the highest share of bicycle commuters in the United States, according to TravelPortland.com. Rent a bicycle and explore the city on two wheels to see the top tourist sites while getting a bit of exercise. There are multiple bicycle rental shops in



Tours are available at Bob's Red Mill Natural Foods.

Portland, with hourly to monthly rentals on everything from cruisers to road bikes to tandems.

If exploring on foot is more your style, try the Downtown & Pearl District tour, advises Forktown Food Tours owner Heidi Burnette, whose company runs the tour. This tour can provide "an entirely gluten-free menu including dessert," she says. When making your online reservation simply note your dietary requirements, and the tour company will accommodate your request. Burnette does note that most of the restaurants on the tour are not dedicated gluten-free restaurants.

Home of Bob's Red Mill

Bob's Red Mill Natural Foods, which produces a number of gluten-free products, is located in Milwaukie, Oregon, 10 minutes south of Portland. Visitors can tour Bob's Red Mill World Headquarters, where gluten-free and conventional parts of the plant are kept separate.

Each side of the plant has its own mills, machinery, employees and air filtration systems. Gluten-free grains and ingredients are stored separately prior to milling or mixing, says Christie Coykendall, tour and hospitality director.

Tours are available Monday to Friday starting at 10 a.m. and 11:30 a.m. and allow visitors to look through windows at the mill room from the gluten-free side of the facility, then check out the high-speed packaging lines in the conventional side of the plant.

You can also visit Bob's Red Mill Whole Grain Store, which is the only place in the world you can buy Bob's Red Mill gluten-free baking mixes in a bulk bin. Now that's a souvenir. There's also a restaurant on-site, with a menu that notes wheat-free selections but not gluten-free items.

A perfect mix

Portland is an easygoing, friendly city influenced by the relaxed attitude of the Pacific Northwest and the unique make up of its residents. It's a bonus that the gluten-free diet fits so nicely into the mix. **GF**

Erin Smith, who was diagnosed with celiac disease in 1981, writes about the gluten-free lifestyle on the website Gluten-Free Fun and about gluten-free travel on the website Gluten-Free Globetrotter®. Smith is also the lead organizer of the NYC Celiac Disease Meetup group, which hosts events in the New York City area.

Books by bloggers

TWO GF FOODIES SERVE UP RECIPES FROM PALEO TO PASTRIES

BY AMANDA RATNER

Food blogs are a great place to find new recipes from cooks, bakers or self-described foodies whose tastes align perfectly with your own.

At the same time, the blogs give recipe developers a place to try out new creations and get instant feedback from followers who head right into the kitchen to try the recipes out. For successful bloggers, the next step is often a cookbook. And that's exactly the story behind *One Pot Paleo: Simple to Make, Delicious to Eat and Gluten-Free to Boot* and *Gluten-Free Classic Snacks: 100 Recipes for the Brand-Name Treats You Love*.

We tried recipes from the cookbooks by Jenny Castaneda and Nicole Hunn, two bloggers-turned-authors, to see how well their popular posts translated into ink.

One-Pot Paleo

By Jenny Castaneda

(Page Street Publishing Co., 2015)

The Paleo diet, which is naturally gluten free, eliminates grains, processed foods, sugars, dairy, starches and alcohol. Castaneda, the creator of the Paleo Foodie Kitchen blog, shares recipes that modify the diet to allow white rice, butter, wine, arrowroot and tapioca starches. She also uses Worcestershire sauce as an ingredient so be sure to use a brand that does not include malt vinegar and is gluten free such as Lea & Perrins. For readers following a strict Paleo diet, the cookbook has a short list of swaps for these ingredients.

Many of the recipes are influenced by Castaneda's Filipino and Spanish heritage and other cultures she experienced in her travels. Still the ingredients are easy to find in a typical supermarket. As the title implies, each recipe is cooked in one pot.

Recipes are broken into sections based on how they are cooked, for example in a cast iron pan or as a stir-fry, instead of being sorted into the more standard categories of breakfast, lunch, entrees, etc. Each includes a photo of the completed meal and its serving size, with most recipes ranging from two to four servings.

Pan-Seared Steak with Caramelized Shallots,

Skirt Steak Fajitas, Loaded Spanish Tortilla, Dutch Baby, Stuffed Squid and Chicken Cacciatore with Zoodles are all made in a sizzling cast iron. The cast iron recipes cover the widest range and include everything from egg scrambles for breakfast to seafood, steak and chicken for dinner and sweeter dishes for dessert.

The Pan-Seared Steak with Caramelized Shallots was incredibly easy to make. Shallots, asparagus and just a few spices blended perfectly to make a meal that I'll add to my go-to recipe collection.

A section of recipes made in casserole dishes includes Plantain Chilaquiles, Butter Leek Quiche, Chicken Biryani and Seafood Dynamite.

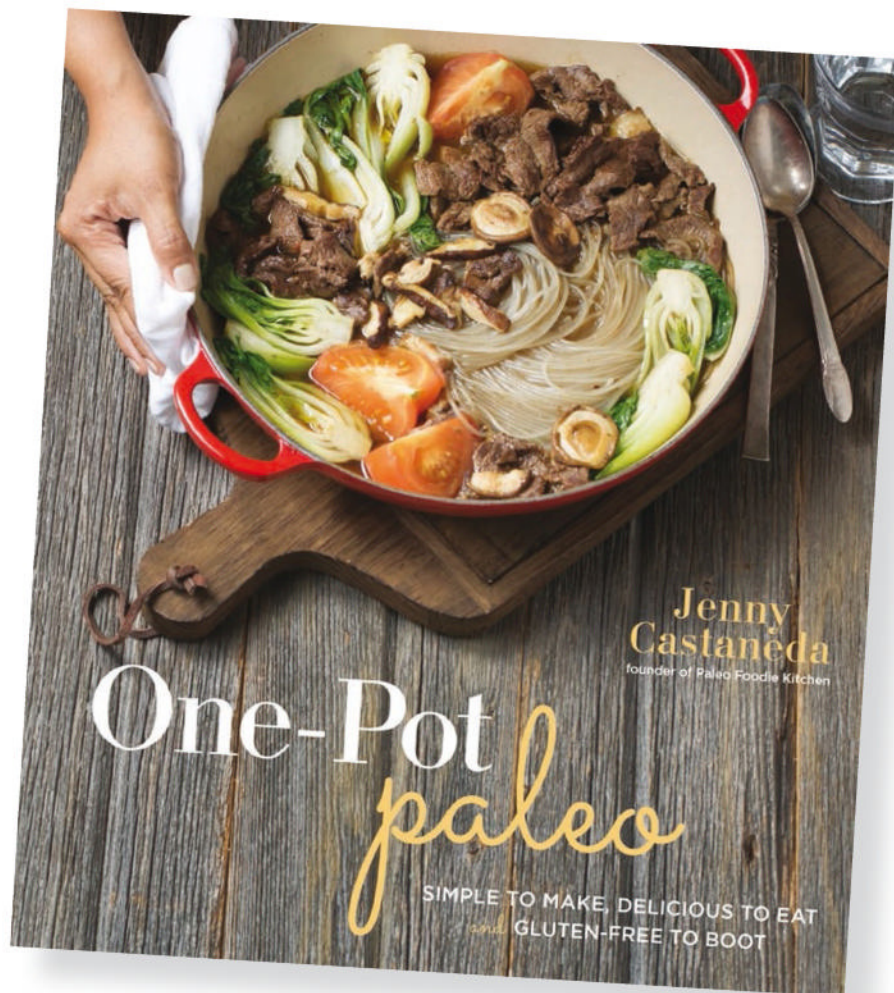
The Chicken Biryani, an aromatic mix of chicken, rice and many spices and herbs, is a mild-tasting dish that requires a bit of prep-ahead time. I was surprised it was not more

flavorful because of the number of herbs and spices. If you're looking for a meal packed with flavor you'll have to increase the amounts of each seasoning.

The stir-fry recipes, which can be made in less than an hour in a wok, include Cauliflower Pork Fried Rice, Vegetable Medley, Fifteen-Minute Ginger Chicken Noodles, Chicken Pesto Zucchini and Sweet-and-Sour Pork. Though most have an Asian influence, they don't call for any soy or teriyaki sauce.

The book also includes recipes that can be baked, broiled or grilled, such as Plantain Pizza, Filipino Chicken BBQ, Moorish Skewers, Blackened Trout with Mango Papaya Salsa and Shrimp-Stuffed Baked Sweet Potato.

Soups and stews include Weeknight Gumbo, Meatball Noodle Soup, Irish Stew, Pork Belly Stew, Chunky Chili, and Chicken and Rice Porridge. A small section on salad has recipes for Chicken Salad Wraps, Antipasto, Ahi Poke



Bowl and a classic Berries and Spinach.

Some recipes call for basics such as chicken or beef bone broth, vegetable broth, mayonnaise, coconut milk and cauliflower rice. Castaneda includes recipes for these, too.

The one-pot idea was appealing to me, but when I made the Chicken Biryani I used so many kitchen items for grating and chopping that my sink was full before I even finished the recipe. Overall, though, the recipes are simple and quick to make and do not require too many complicated kitchen gadgets or ingredients.

From beginners to someone looking to save time in the kitchen, this cookbook offers a good introduction to the Paleo diet or simply some healthy, low-carb meals.

Tips and tricks: ●●
Ease of recipes: ●●●●●
Variety of meals: ●●●●●
Overall impression: ●●●●●

Gluten-Free Classic Snacks: 100 Recipes for the Brand-Name Treats You Love

By Nicole Hunn

(Da Capo Lifelong Books, 2015)

Hunn, the author of the Gluten-Free on a Shoestring blog and book series, breaks down the secrets to brand-name classic treats that have long been off limits to those with celiac disease or gluten sensitivity. Think Lofthouse Sugar Cookies, Hostess Twinkies and Little Debbie Zebra Cakes.

The first section is dedicated to cookies, including every kind of Girl Scout cookie, Nabisco Chips Ahoy! Cookies, Oreo Sandwich Cookies and the Lofthouse cookies. Each recipe makes from 15 to 70 cookies, with most resulting in about two dozen.

You'll also find recipes for snack cakes mimicking Little Debbie, Entenmann's and Hostess brands, as well as Weight Watchers Chocolate and Lemon Crème Cakes. Snack-cake fillings and toppings are provided in recipes for marshmallow fluff and fondant, crème filling and royal icing.

I made the Lemon Crème Cake, which tasted as good as the real thing, with a fresher flavor to boot. The crème filling and topping easily whipped together but were very messy to work with when it came time to add them to the baked cakes.

Hunn includes pictures of each

recipe, which is incredibly helpful because you can see how the gluten-free version compares to the brand-name product. Hunn's baked goods all looked closer to the real thing than my own attempts, but this shouldn't discourage you because they passed the taste test. Baking is a skill that improves with practice, and Hunn gets plenty of that with all the baking she does for her blog.

If you're hungry for brand-name breakfast items, you won't be disappointed. Hunn has figured out how to make gluten-free versions of Kellogg's Nutri-Grain Cereal Bars, Frosted Strawberry Pop-Tarts Toaster Pastries and Hostess Powdered Sugar Donettes.

Not all classic treats are sweet, and Hunn has not forgotten beloved savory and salty products. You'll find recipes for Pepperidge Farm Goldfish Baked Snack Crackers, Nabisco Wheat Thins, Nabisco Ritz Crackers and Nabisco Barnum's Animals Crackers.

To get the specific shape of goldfish or animal crackers, Hunn recommends cutting the dough into the desired shape. This can be difficult to get just right unless you have a lot of skill. This step will be much easier if you can find a cookie cutter in the correct size and shape.

A good gluten-free flour blend is the most important ingredient for baked goods, and Hunn recommends two commercial brands for the recipes in her cookbook—Better Batter Gluten Free Flour and Cup 4 Cup. She

also shares her mock recipes for these two blends.

Although Hunn mentions Cup 4 Cup as a favorite flour for pastry and cake recipes, she notes that she does not find it to be a good all-purpose flour. If you do use Cup 4 Cup in Hunn's recipes that call for all-purpose flour, she offers tips for tweaking the recipe slightly.

Hunn also shares brand recommendations for other common baking ingredients and offers tips on how to use and even make some ingredients. For example there's a recipe for simple syrup. A list of recommended kitchen tools is extensive, but baking often requires a variety of equipment to get recipes right.

The cookbook includes tricks for working with basic baking ingredients, such as chocolate, cooking sugar for candy and rolling out dough. As in her previous cookbooks, Hunn pays attention to savings and claims that baking these treats costs less money than buying ready-made gluten-free versions.

In addition to classic baked goods, the cookbook includes gluten-free recipes for candy bars and sweets that usually contain something forbidden on the gluten-free diet, such as Mars Twix Caramel Cookie Bars, Hershey's Kit Kat Crisp Wafers in Milk Chocolate, Hershey's Whoppers Original Malted Milk Balls and Red Cherry Licorice.

Throughout the book, Hunn takes care to replicate intricate details so recipe results really look like the classic versions. These details,

such as the exact cookie shape or piping on treats, may be too complicated for beginners, but skipping the final decorating step won't change the taste.

This is a fun cookbook and best of all offers recipes that make it possible to revisit a childhood favorite or taste a Twinkie for the very first time.

Tips and tricks: ●●●●●
Ease of recipes: ●●●●●
Variety of meals: ●●●●●
Overall impression: ●●●●●

Editor's note: Ratings are based on a scale of 1 to 5.

Amanda Ratner was diagnosed with celiac disease when she was a toddler. She regularly writes cookbook reviews for the Book Nook column, bringing the perspective of someone learning how to cook to her reviews.



Celiac disease connected with infertility, nerve damage

BY VAN WAFFLE

■ INCREASED RISK FOR PREGNANCY PROBLEMS¹

In a U.S. survey, women with celiac disease reported increases in spontaneous abortion and premature births, as well as having their first period slightly later than other women.

Using social media, the study from Cleveland Clinic and Sidney Kimmel Medical College at Thomas Jefferson University in Philadelphia recruited female volunteers from a celiac disease care center and two national awareness programs to answer questions about fertility and reproductive history. It compared 329 women with biopsy-proven celiac disease to 641 women without celiac disease.

The celiac disease group reported 50.6 percent of pregnancies ended in spontaneous abortions, and 23.6 percent had at least one premature birth. Figures were significantly lower in the control group: 40.6 and 15.9 percent, respectively. Meanwhile 85 percent of spontaneous abortions in women with celiac disease occurred before they started a gluten-free diet.

The data showed women with celiac disease had their first period at 12.7 years compared to 12.4 years for the control group, but there was no difference in age at menopause.

Previous studies of celiac disease and infertility have given inconsistent results, with some finding no link. This is the largest reported study of its kind in the United States. It suggests women's health specialists should be aware and consider testing for celiac disease in patients with recurrent pregnancy problems.

■ INCREASED RISK FOR NEUROPATHY²

People with celiac disease are 2.5 times more likely than the general population to develop neuropathy. The increased risk persists more than one year after diagnosis with celiac disease.

Neuropathy is damage or disease of nerves, and can cause tingling, pain or weakness in the hands and feet and alter function of organs such as the heart and glands.

This study drew from nationwide Swedish data, including 28,232 celiac disease patients diagnosed between 1969 and 2008. It also found patients with previous neuropathy were more likely to be diagnosed with celiac disease. However neuropathy remained rare, affecting



only 0.7 percent of celiac disease patients.

These results don't prove celiac disease causes neuropathy or vice versa, but they do suggest an unknown link or common cause.

■ HEART DISEASE NOT LINKED BY GENETICS³

The genes associated with celiac disease don't increase a patient's risk for coronary artery disease (CAD), the leading form of heart disease, according to German and British research.

The study compared genetic data for 22,233 CAD patients with a control group. It looked for 41 genetic variations that increase the risk for celiac disease. Patients with some of these variations were more likely to have CAD, but others had a neutral or decreased risk. Overall, the data showed people with any of these celiac disease genes were no more susceptible to CAD.

Previous research has found a slightly increased risk for CAD in patients with celiac disease, but the findings are inconclusive. These latest results indicate celiac disease itself does

not increase risk. The authors cast doubt on whether a link exists but say more research is needed to determine whether diet or impaired metabolism could play a role.

■ GLUTEN DOESN'T AFFECT ATHLETES⁴

A short-term gluten-free diet did not affect performance of competitive athletes, according to research by University of Tasmania, Australia, and the Canadian Sports Institute, Victoria, British Columbia.

Many athletes believe the gluten-free diet is healthier, promotes weight loss and reduces gastro-intestinal inflammation, which can result from intense exercises. A previous survey by the same researchers found more than 40 percent of athletes without celiac disease follow a gluten-free diet at least half the time.

In the latest study, 13 competitive endurance cyclists with no indications of celiac disease were assigned either a gluten-containing or a gluten-free diet for seven days, followed by a 10-day gluten-free washout period, then seven days on the alternate diet. During each test period, participants answered questionnaires to measure emotional stress and gastro-intestinal symptoms. At the end of each seven-day diet, they performed peak performance tests and gave blood samples to measure indicators of gut inflammation. The data found no significant difference in any of the tests.

Changes in intestinal bacteria might influence health and performance over a longer test period, but such interventions may be intrusive for athletes and difficult to control, according to the authors. They recommend "that athletes seek evidence-based advice before adopting a gluten-free diet for non-clinical reasons," to ensure adequate nutrition.

■ FREE FROM PERSUASION⁵

Labeling a food product "free from" something will convince some consumers it's healthier. It doesn't matter whether or not the content, such as gluten, is associated with a genuine health risk, according to health researchers at Simmons College, Boston.

They tested this phenomenon by contriving an artificial free-from food label: "MUI free!" Surveyors recruited 256 volunteer shoppers at grocery stores to respond to a short computer-

ized questionnaire. It asked them to compare a pair of cracker box images, identical except that one was labeled "MUI free!" A second pairing placed crackers labeled "Gluten free!" beside an unmarked box. Respondents received no information about health risks.

A significant number of participants chose both free-from products as healthier than the unmarked products: 21.9 percent selected MUI-free as healthier and 25.5 percent selected gluten-free as healthier. The majority perceived products as equally healthy, while a smaller percentage expected the plain products to be healthier.

The data indicates some consumers are susceptible to manufacturers using free-from labels to manipulate perceptions about healthy food. The authors argue legislation should encourage greater transparency to provide accurate information about health risks.

■ GLUTEN AND LOU GEHRIG'S DISEASE⁶

Israeli research raises faint hope that a gluten-free diet may benefit some patients with a severe condition affecting the central nervous system. Lou Gehrig's disease, also known as amyotrophic lateral sclerosis (ALS), causes muscle degeneration and usually death within four years. The researchers investigating the link warn that more research is needed. Not all ALS patients show sensitivity to gluten, and none should undertake any diet without medical advice because weight loss or other side effects can worsen the condition.

In previous case studies, two individuals with ALS improved after adopting a strict gluten-free diet.

The new study investigated an antibody for transglutaminase 6 (anti-TG6) associated with brain function. This antibody is often found in patients with celiac disease, especially those with gluten ataxia, a loss of muscle control that can mimic ALS.

Researchers found that 15 percent of ALS patients (23 of 150) tested positive for anti-TG6, significantly higher than 4 percent in the general population. None of the patients in the study showed gastrointestinal symptoms or tested positive for antibodies normally used to detect celiac disease, so their possible gluten intolerance could only be detected using anti-TG6.

The disease progressed as rapidly in patients with anti-TG6 as in others. Ongoing research is investigating possible benefits of a gluten-free diet for ALS patients who test positive for a spectrum of celiac disease-related antibodies.

■ DID YOU KNOW?

Several drugs are now under investigation to treat celiac disease. Some, such as Glutenase ALV003, fall under the category of enzyme supplement therapy.

When a person eats protein, natural enzymes in the digestive tract normally break it down into smaller pieces so it can be absorbed into the blood stream. Gluten proteins are particularly large and difficult to digest. Theoretically enzyme supplements can facilitate the process.

Such drugs are considered relatively safe because they act on the food before it contacts the gut lining. Other potential drugs repair intestinal damage or prevent the body's immune response against gluten. Because these act directly on human cells and organs, they're more likely to have unwanted side effects.

Some enzyme supplements already on the market claim to help digest gluten. None of these have been clinically proven. In fact, some are known to have negligible effects. It's dangerous for anyone with an adverse reaction to gluten to trust these aids. The only known effective treatment for celiac disease is a life-long gluten-free diet.

The most promising enzymes under study at this time would only protect the most sensitive patients against accidental cross-contamination by gluten. This wouldn't allow people with celiac disease to take a pill and then eat whatever they want. However active research in this area offers potential that the dream may someday become reality.

Van Waffle, research editor for Gluten-Free Living, has a Bachelor of Science degree in biology. He also blogs at vanwaffle.com.

¹ Moleski SM, Lindenmeyer CC, Veloski JJ, Miller RS, Miller CL, Kastenberger D and DiMarino AJ, "Increased risk or pregnancy complications in women with celiac disease," *Annals of Gastroenterology*, 2015; 28(2):160-72.


² Thawani SP, Brannagan TH III, Lebowitz B, Green PHR and Ludvigsson JF, "Risk of neuropathy among 28,232 patients with biopsy-verified celiac disease," *JAMA Neurology* [Epub ahead of print, 2015 May 11], doi:10.1001/jamaneurol.2015.0475.

³ Jansen H, Willenborg C, Schlesinger S, Ferrario PG, König IR, Erdmann J, Samani NJ, Lieb W and Schunkert H, "Genetic variants associated with celiac disease and the risk for coronary artery disease," *Molecular Genetics and Genomics* [Epub 2015 April 18] doi: 10.1007/s00438-015-1045-3.

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⁵ Priven M, Baum J, Vieira E, Fung T and Herbold N, "The influence of a factitious free-from food product label on consumer perceptions of healthfulness," *Journal of the Academy of Nutrition and Dietetics* [Epub 2015 May 9] doi: 10.1016/j.jand.2015.03.013.

⁶ Gadoth A, Nefussy B, Bleiberg M, Klein T, Artman I and Drory VE, "Transglutaminase 6 antibodies in the serum of patients with amyotrophic lateral sclerosis," *JAMA Neurology*, 2015; 72(6):676-81, doi: 10.1001/jamaneurol.2015.48.



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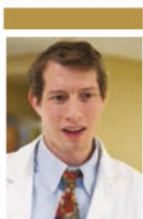
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Emerging research points to the future of celiac disease treatment

BY DANIEL LEFFLER



Daniel Leffler, M.D., is director of research at the Celiac Center at Beth Israel Deaconess Medical Center and is an associate professor of medicine at Harvard Medical School. He divides his time between

patient care and research in celiac disease and other digestive disorders. A recipient of a National Institutes of Health career development grant, he is also a medical advisor to the National Foundation of Celiac Awareness. He is the co-author of Real Life with Celiac Disease, Troubleshooting and Thriving Gluten Free. He writes about medical topics for this recurring column.

Every year celiac disease has a larger footprint at Digestive Disease Week, the biggest meeting in North America devoted to research into digestive issues.

This growing interest in a condition that once was barely mentioned at the meeting reflects a boom in research into celiac disease, gluten sensitivity and the gluten-free diet. Presentations of studies of celiac disease filled a substantial part of the four-day 2015 meeting held recently in Washington, D.C.

The goal of these presentations is to provide a look at new and emerging research, with the hope that these studies will eventually progress to a point where they can be published in medical journals. Digestive Disease Week is where you are likely to find the first mentions of important developments in the treatment of celiac disease.

For example we have been saying for a long time that if you have celiac disease and you go on the gluten-free diet, things will be perfect. But celiac disease is a chronic condition and it needs follow-up, as several studies showed.

Another notable trend was the increase in industry participation in celiac disease-related research. Pharmaceutical companies' interest is starting to grow because they can see the cost benefit. And if a therapy can both make people feel better and have an economic impact, that's a good thing.

Here's a rundown of some of the information coming out of this year's Digestive Disease Week that is likely to have a big impact in the future.

The gf diet isn't enough

A study by Mayo Clinic researchers and Alvine Pharmaceuticals Inc. looked at cases where the gluten-free diet alone does not control symptoms or stop damage to the absorbing villi in the small intestine, which is called mucosal injury.

Patients who participated in the CeliAction Study used a celiac disease symptom diary to report diarrhea, constipation, abdominal pain, bloating, nausea and tiredness. Those who had a day or more of moderate to severe symptoms over two weeks underwent an endoscopy and four mucosal biopsies. Blood tests for celiac disease antibodies, which are often used to monitor how well someone is doing on the gluten-free diet, were also done. Seventy-five percent of the people with ongoing intestinal damage had normal tissue transglutaminase (tTG) antibody tests.

The study found that a majority of patients who reported symptoms regardless of the results of blood test results had mucosal injury. Researchers concluded that the diet is "not sufficient to control celiac disease associated symptoms and mucosal injury." They said their data shows that the diet "is inadequate as a solo therapy for many celiac disease patients [and] a pharmacological treatment option is needed when the gluten-free diet does not adequately control symptoms or reduce mucosal inflammation."

What this means is that people are really not doing as well on the gluten-free diet as they thought they were and we thought they were. We are starting to look at symptoms, the biopsy and serology—most commonly the tTG blood test—all together and making it our goal to get normal results in all three for our celiac disease patients.

Until we have a new treatment and can see what happens over the long term, it's hard to guess how much benefit our patients will receive from therapies in addition to the gluten-free diet. But there is growing awareness there is a problem. One consequence of this kind of study is that it is pushing us toward doing follow-up biopsies more frequently and will allow us to look at the real utility of the biopsy at diagnosis and for follow-up.

Conditions related to celiac disease

Health insurance data and claims were examined by a consortium from the University of Chicago Celiac Disease Center and AbbVie Inc., a global research-based pharmaceuticals company that makes drugs to treat chronic autoimmune diseases. Using what they called "real-world health claims data," researchers were trying to determine what other conditions those with celiac disease develop compared to those who don't have celiac disease.

They looked at claims over a 1-year period from 12,000 people with celiac disease compared to 12,000 in a control group, paying attention to insurance codes to determine what other conditions those who had celiac disease had been seen by doctors for. Researchers found that those with celiac disease had a greater chance of developing some things you would expect, such as thyroid disease, osteoporosis, iron deficiency anemia and Type 1 diabetes.

But they also found some unexpected so-called co-morbidities, including depression, heart and liver disease, allergic skin diseases and fertility problems. The rate for depression was nearly twice that of the control group.

A lot of these disorders are outside what is expected in the American general population, so they are important as real measurable conditions associated with celiac disease, even among patients who have been diagnosed. In the past, we tended to think of complications arising mainly in undiagnosed and untreated celiac disease, but these data suggest ongoing morbidity even with treatment.

In related work, the researchers also looked at medical costs associated with celiac disease and related conditions. They found that costs for people with celiac disease are double the normal when the disease is under control and four times greater when it's uncontrolled.

Gluten sensitivity

Gluten sensitivity was the focus of the Glutox trial, a large multi-center Italian study. An oral presentation on the study received a prestigious Best of Digestive Disease Week selection.

CELIAC DISEASE IS A CHRONIC CONDITION AND IT NEEDS FOLLOW-UP, AS SEVERAL STUDIES SHOWED.

Through an interesting and clever study design, researchers sought to figure out which of the many patients reporting gastrointestinal symptoms could legitimately be identified as gluten sensitive.

One hundred patients who were being treated for irritable bowel syndrome and in whom celiac disease had been ruled out were put on a gluten-free diet for 21 days. The 81 patients who said their symptoms improved on the diet then underwent a double-blind, placebo-controlled gluten challenge. That means they did not know when or whether they were consuming gluten.

Of those, 25 reported the return of symptoms when they were in fact getting gluten and were identified as being truly gluten sensitive. Overall most participants could not tell the difference between the gluten-free and gluten-containing diet.

Although the majority of patients in this study did not notice a change in symptoms when they avoided gluten, 25 percent of those initially enrolled did seem to respond well. Given how common irritable bowel syndrome is, this suggests a great number of people may be gluten sensitive.

This will push us to look for more evidence and to do more studies of gluten sensitivity.

Bone testing needed

A study of bone mineral density in celiac disease done by our group at Beth Israel Deaconess

Medical Center reinforced the idea that everyone should get bone density testing, optimally within one year after diagnosis.

While it is clear that celiac disease is associated with low bone mineral density (osteopenia and osteoporosis), guidelines vary regarding recommendations for testing, and less than half of celiac disease patients get bone density testing as part of their care. We looked at patients we had seen and attempted to figure out if patients with celiac disease who lack other risk factors for low bone density, such as being a woman, an older adult or having vitamin D deficiency, still benefit from testing or if we should focus on testing patients most at risk.

We found the exact opposite in a review of charts of 308 celiac disease patients who had bone density testing. Overall there is a 30 to 40 percent chance of having low bone density, and there was no relationship with age, vitamin D or gender, suggesting that all people with celiac disease should have bone density testing.

Children and celiac disease

In the past year, there have been three original research studies on celiac disease in childhood published in the *New England Journal of Medicine*. That's more than the total in the past decade and something we're not likely to see again.

So it's no surprise there was a session by Luisa Mearin, M.D., Edwin Liu, M.D., Alessio Fasano, M.D., and Carlo Catassi, M.D., on the factors in

play in childhood that could increase the risk of developing celiac disease in adulthood. They reviewed all the studies and noted the things we "unlearned" about celiac disease in childhood.

Two big European studies of children at risk convincingly showed that it does not make any difference when gluten is introduced or whether a child is breastfed. Previously it had been thought that timing of gluten introduction between the ages of 4 and 6 months and breastfeeding might have some protective effect.

What these studies all show is that the major factor that influences celiac disease onset in at-risk children is in the genes you get. As a result, parents should feel free to follow normal, healthy childhood-feeding advice.

And for children born into families with a history of celiac disease, the only thing that can be done to evaluate risk is testing to determine whether the children have the genes that create the potential for celiac disease to develop.

Science raises questions

This is just a small selection of the many, many presentations on celiac disease. As usual with science, these data create as many questions as they answer.

However we are much more sophisticated with the ways in which we look at celiac disease currently than only a few years ago. This has already led to significant improvements in patient care and will continue to do so in the future.

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Amy's newest freezer aisle meal, Chinese Noodles & Veggies, lets you enjoy the flavors of Asian cuisine without the hassle of arranging for gluten-free Chinese takeout. Featuring rice noodles, tofu and a variety of vegetables in a cashew-based sauce, the meal is vegan and kosher as well as dairy and corn free.

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BREAD BASKET



Getting toasty

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➡ rudisbakery.com



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Need some bread to sop up your hearty soup or stew? Whip up a batch of Bella's gluten-free multigrain dinner rolls. Simply dump the mix in a bowl, add oil and a single egg or egg alternative and then let the dough rise for 15 minutes before baking. Voila: Gluten-free dinner rolls, fresh from the oven.

➡ bellaglutentfree.com

Spice up your granola

Pumpkin spice isn't just for lattes. Add a little fall flair to your yogurt with these granola clusters from New England Naturals. In addition to gluten-free rolled oats, the granola also contains healthful pumpkin and flax seeds.

➡ newenglandnaturalbakers.com



They're magically delicious – and going gluten free

Nostalgic for those hearts, stars, rainbows, clovers and blue moons? You're in luck: General Mills reports Lucky Charms cereal is going gluten free. The same oat flour used to make the company's gluten-free Cheerios will be used to make the oat cereal in Lucky Charms. The marshmallow shapes are made with naturally gluten-free ingredients. National distribution in supermarkets is expected in October. Look for packages with a gluten-free label as older stock that does not use specially processed gluten-free oats may still be on store shelves.

➡ luckycharms.com

BREAKFAST BITES

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Go ahead and add cream cheese and lox to your shopping list to go with new Bagelinos. These convenient, individually packaged bagels are a perfect breakfast option whether you heat them in the toaster oven or microwave at home or in the office. Bagelinos also makes a gluten-free bagel bun for breakfast sandwiches.

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Time-saving tips for cooks

CUT DOWN ON PREP, BOILING, BAKING, SCRAPING AND MORE

BY LINDA ETHERTON



Saving time in several small ways can add up to bigger savings.

You're running late, and your GPS says there's another route that will save you 7 minutes. Do you take it? Absolutely.

Unfortunately, there's not a device that tells you how to save time as you cook, but there are a few reliable shortcuts you can learn that will shave a few minutes or more from food preparation.

These time-saving tips can be applied to many recipes. The more you use them, the more you'll automatically put them into practice until they've become habit. Some will save a lot of time and some only a little, but remember that saving time in several small ways can add up to bigger savings in the end. Sometimes 5 or 10 minutes makes all the difference.

Cut it. Anything that's cut up cooks faster than when it's whole. Put that knowledge to use in new ways by preparing food in smaller portions. Don't want to wait an hour for that meatloaf to bake? Divide it

among the cups of a muffin tin, and your mini meatloaves will bake in almost half the time. You can also cut vegetables into smaller pieces to help them cook faster.

Cover it. Holding in the heat, especially when there is steam, helps food cook more quickly. Add a little water or broth to the skillet on the stove or dish in the oven, and then cover it with a lid or foil. Try it with fish, potatoes or slow-to-cook vegetables. Just remember it won't work when your goal is a crispy crust.

Turn up the heat. I usually start my electric stove on high, helping to quickly heat up the burner and pot with food or water in it. Then I reduce the heat to the desired level for cooking. As long as you don't walk away and forget about it, starting out on high heat can save you a little time.

For baking casseroles or roasting meat or vegetables, you can often turn the oven up 25 degrees higher than called for to help get dinner done a little more quickly.

Scrub, don't peel. Peeling vegetables takes time and usually causes a loss of nutrients found in the skins. Scrub your potatoes, sweet potatoes, carrots, beets and most anything you would peel. Then trim, cut and cook. If using thinner-skinned potatoes, mash them with the skins on.

Use other appliances. I love using my electric kettle to heat water for pasta and more. The kettle heats faster than the stovetop, so while I start heating the pot with a small amount of water on the stove on high, the electric kettle heats up the rest of the water. Then I add the water from the kettle, bring it back to a boil and add pasta.

You can also bake in the toaster oven, which doesn't require preheating and sometimes offers a quicker convection setting. And, of course, the microwave heats many things quickly and well.

Skip browning. Slow cooker recipes often call for browning beef before putting it in the crock. Whether it's a pot roast or stew meat, that step can be completely omitted. If you like, put a little gluten-free soy sauce on the meat for color.

Prepare. When you want to really save yourself time in the morning, you shower the night before and have your clothes ironed and ready to go. Try thinking the same way about dinner.

Thaw, chop, pre-measure, assemble and even cook part of the meal the night before or earlier in the day. Use appliances that cook without the need for your supervision, such as a rice cooker or slow cooker, to get parts of your meal ready. When you prepare ahead of time, you'll find that your meal comes together quickly and with much less stress.

Putting it all together: Here's an example of how you might use these tips to make pot roast with potatoes and broccoli for dinner on a day when you're at work or otherwise away: The night before, scrub but don't peel some red-skinned potatoes. Wash the broccoli and cut it into small pieces. In the morning, quarter the potatoes and put them in the bottom of the slow cooker. Next add the roast with seasoning—no need to brown—along with some water. Cover the slow cooker and turn it on low.

When you get home, heat some water in an electric tea kettle or the microwave, then put it into a pot with a steamer basket and the cut-up broccoli. Start it on high and reduce the heat once it is steaming. Remember to keep the lid on. Because the broccoli is in small pieces, it only needs to steam about 5 minutes. When done, drain and season.

While the broccoli is cooking, remove the pot roast and potatoes from the slow cooker. Let the meat rest while you mash the potatoes. Slice the meat, and dinner is ready in about 20 minutes.

As you develop the habit of using time-saving strategies, you may realize that cooking at home is more doable than you thought, even on busy nights.

Linda Etherton has been gluten free since she was diagnosed with celiac disease in 2000. She shares gluten-free and dairy-free recipes, menu plans and tips on her blog, www.GlutenFreeHome-maker.com.

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